

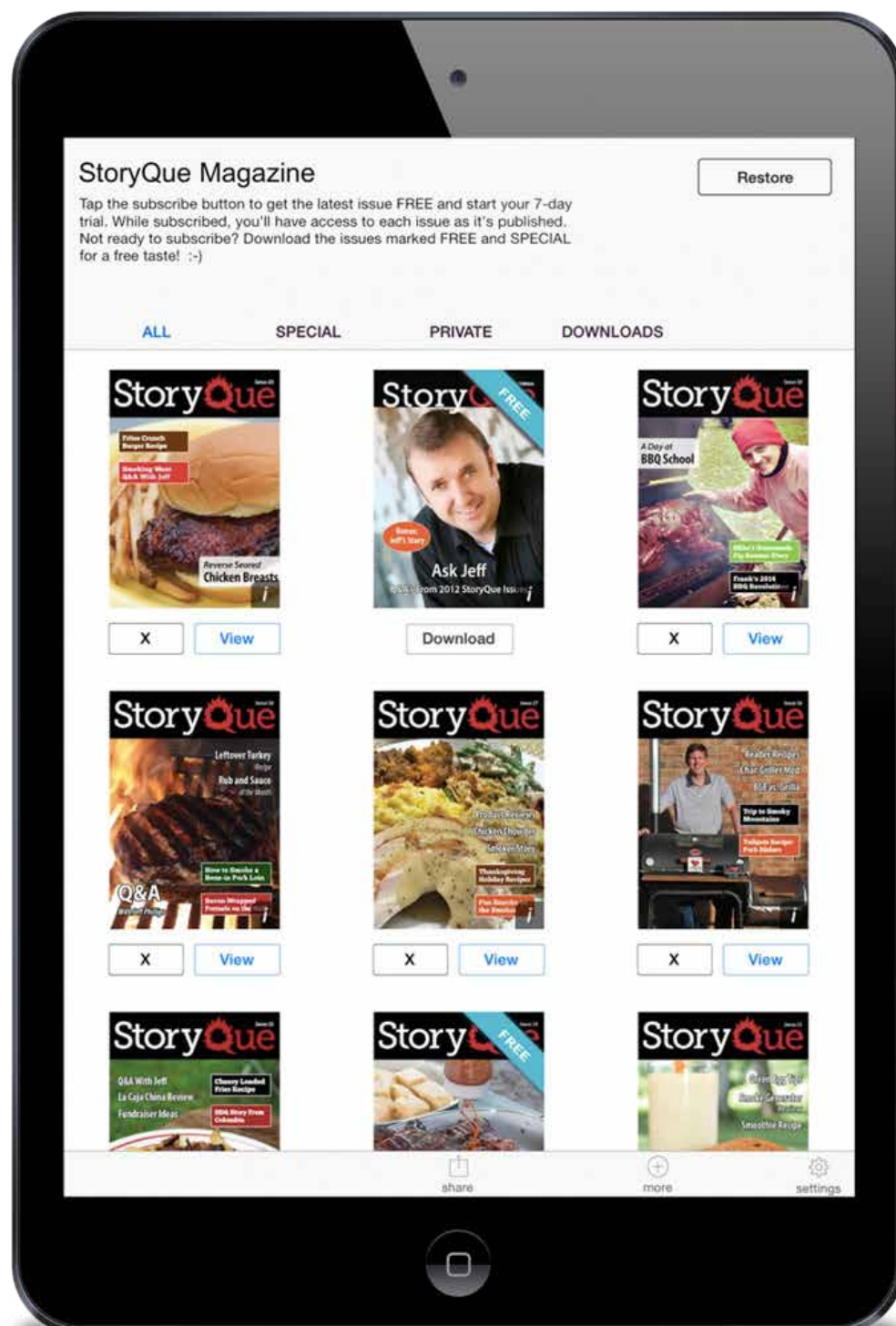
Story ue

Issue 34

Fun on a Bradley
Electric Smoker

**Easy Sauce and
Rub Recipes**

**Barbecue Stories
From Chile**



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From the Editor

I hope you are all well and enjoying spring! We have certainly been enjoying the tulips and sunshine here.

A few days ago, I had fun loading my new Bradley electric smoker with ribs, sausage, and tenderloin and exploring this new style of cooking. I've shared some photos and tips in this issue.

We also have a fascinating contribution from Michael Farmer (KA-Ranch) on his recent trip to Chile. Don't miss these interesting insights into Chile's Latin grilling culture, including the "volcano" method of lighting charcoal.

Beyond that, we have all our regular columns, packed with tricks and recipes to help you master amazing barbecue.

Until next month, keep the fire kindled!

Sizzling regards,

Lavern Gingerich



Barbecue has always been special to me, but it wasn't until I became a man that I learned what true barbecue really is. Now I'm enthused about helping others discover and master amazing barbecue.

I enjoy using the sizzle of written words and beautiful photography to share my stories and help others do the same.

I like to cook on Meadow Creek smokers and grills, tin-foil converted park grills, or about any kind of contraption that holds meat and fire.

[Email Lavern](#)

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EQUIPMENT *Review*

THE OINK FROM THREE ANGLES

Fun on My Bradley Electric Smoker

Lavern Gingerich



Last month I was given a BTDS76P Bradley electric smoker for my birthday, and I'm excited about my new adventure in electric smoking. I've been smoking with charcoal for years, so it's fun to diversify my cooking styles.

Up to now, I've done a couple of runs of pork butts and ribs. In my latest cook, I did a rack of St. Louis style ribs, 6 pounds of loose pork sausage, and 2 pork tenderloins—the oink from three angles—plus several chicken breasts.

It's been a great journey so far, and I hope to use my Bradley often this summer and beyond. Look for more stories and recipes on the Bradley in future issues of StoryQue.

The big deal with the Bradley electric smoker is that it's easy to use. It is completely electric. The time and temperature of the oven and the time of smoke are controlled by a digital panel. The heat and smoke can be used independently; you can smoke with or without heat and cook with or without smoke.



Meat



Ready for the smoker



There is a heating element in the back toward the bottom which heats the oven (cooking chamber).

The smoke generator hangs on the outside of the unit with a chute that extends into the oven. The smoke generator burns wooden bisquettes, pushing a new bisquette onto the hot plate every 20 minutes.

With this electric smoker, there is no skill required for fire control or maintaining a perfect smoke consistency. The only variables in smoke are the flavor of bisquette you use and how long you run the smoke generator during your cook. Besides changing the water every three hours and tending your meat, it's pretty much a "set

it and get something else done" situation.

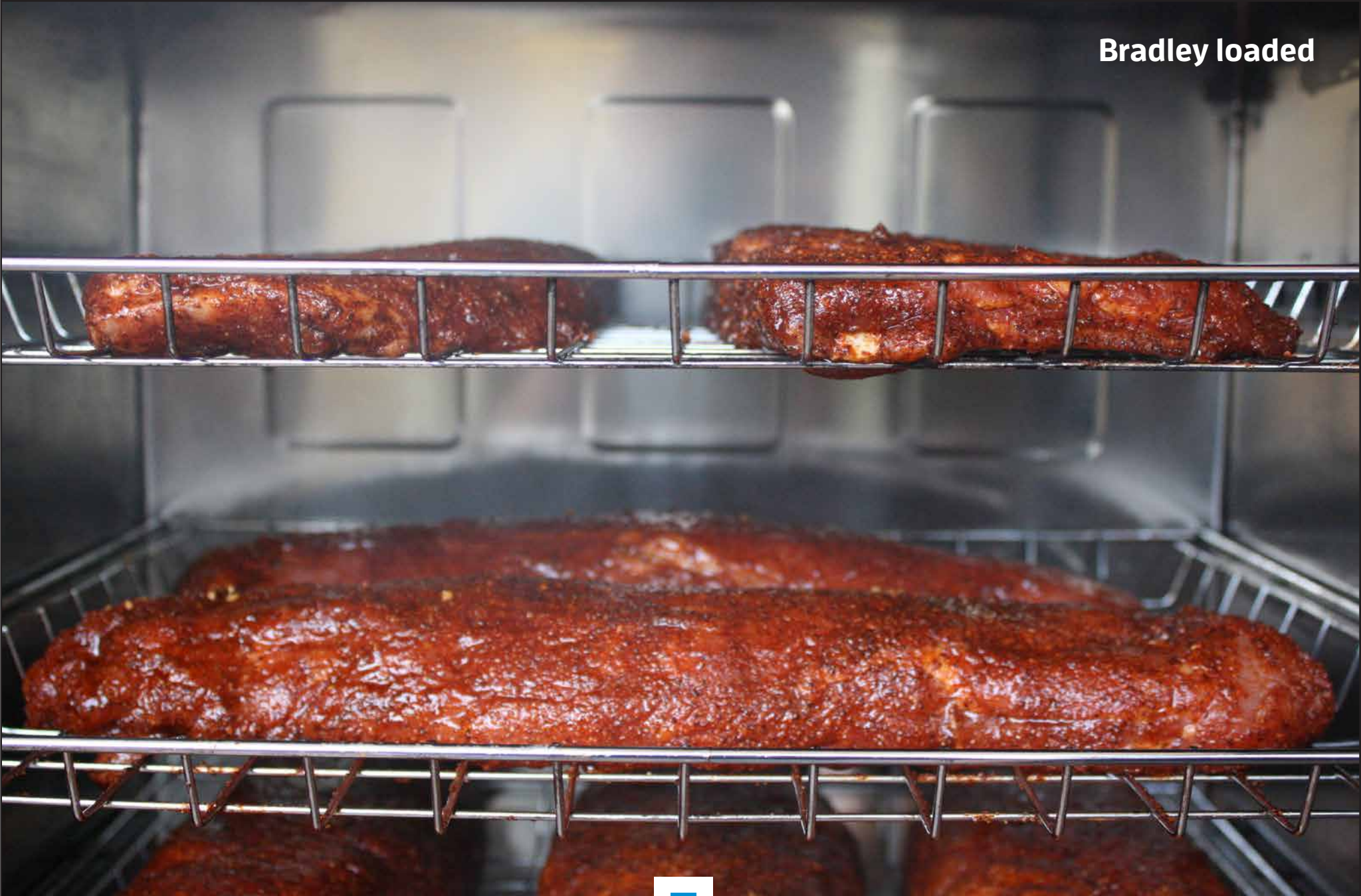
In my experience so far, the heating element is not strong enough to overheat the oven in this spring weather. Basically, I preheat it to 280 degrees F, load the smoker, and try to keep the door shut so it can keep the oven at 200–225 degrees at least. The smoke is also lighter than what I am used to getting in my charcoal smoker. In future articles, we'll explore more of the pros and cons of different cooking styles.

Here are some notes and photos from my latest cook on the Bradley. The day before, I went shopping for meat and cleaned and set up the smoker on my deck. I prepped the meat the morning of the cook, and everything went on the smoker around 8:00.

Bradley loaded



Bradley loaded



Smoke generator









Pork Sausage

I formed six pounds of loose John F. Martin's sausage into 3 loaves, seasoned the entire surface with Chatham Artillery Southwest Rub, and cooked them to 150–170 degrees F. I found that the back of the smoker is hotter; the sausages were 10–20 degrees hotter on the back end than the front. It makes sense because of how the oven is laid out, with the heating element in the back and the door in the front. Next time it would be a good idea to rotate the meat halfway through.

This is a simple recipe, but delicious! You can slice the sausage and serve it with or without sauce on sandwiches, with eggs and hash browns, or however you would normally eat sausage patties.

The most amazing way to eat this is to brown the slices in a frying pan, then stack it on toast with a fried egg and melted Velveeta cheese. Indescribable!

Sausage ready for the smoker





Pork Tenderloin

I love tenderloin for its tenderness. Pork loin is great, but tenderloin has a finer texture. I picked up a couple of these at Weis and trimmed off the worst of the silver skin on the surface. I kept it really simple, maybe too simple for the cut—I seasoned the entire surface with Meadow Creek Brisket Rub and cooked it to about 145 degrees F.

Delicious and begging for salad, cheesy noodles, and beans!

Tenderloin ready for the smoker



Tenderloin on the smoker





St. Louis Style Ribs

What can we say about ribs that hasn't been said before? Ribs are a favorite of mine, and I like them many different ways—naked or clothed with sauce, foiled or not foiled, it really doesn't matter that much as long as you cover the critical points: Are they done cooking, yet hanging together? Is the flavor profile strong enough to jump out at you? And were the ribs kissed by smoke—enough to taste it, but not so much that you can't eat them on a reheat?

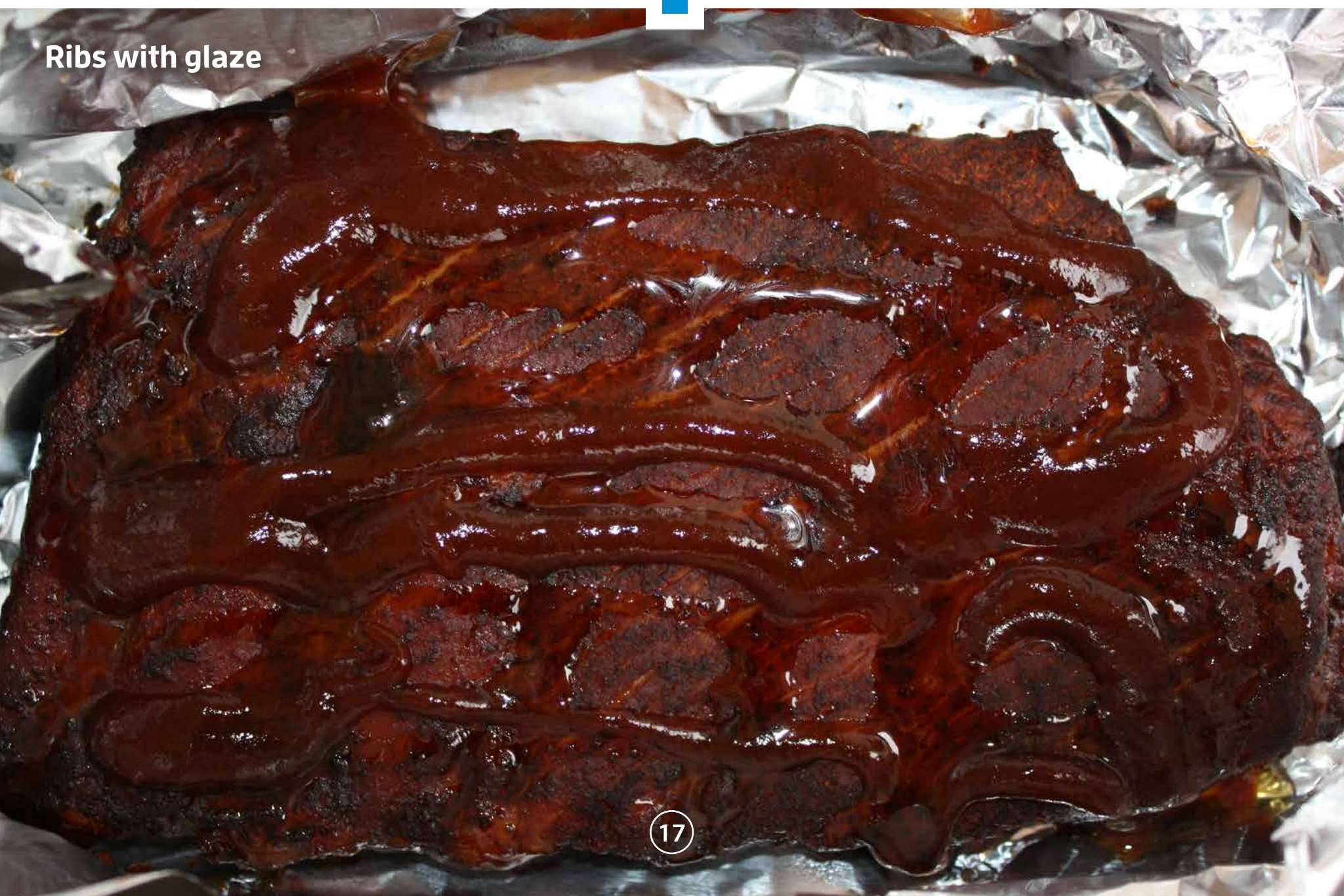
In this cook, I only did one rack of St. Louis style ribs. I squared the rack up a little by trimming off some of the cartilage along the side and removed the skirt (not all ribs will come with this attached). I seasoned it with Meadow Creek Brisket Rub and cut it in half so it fits better on my Bradley rack.

These did not turn out to be my best ribs ever because I pulled them before they were completely done. In my offset smoker, I usually cook ribs at a higher temperature and it doesn't take longer than 4-5 hours, but the lower temperature in the Bradley definitely slowed it down. I would have left them longer, but I had to leave the house and wanted to shut down the smoker.

Ribs ready for the smoker



Ribs with glaze



Ribs wrapped



Ribs back in the smoke

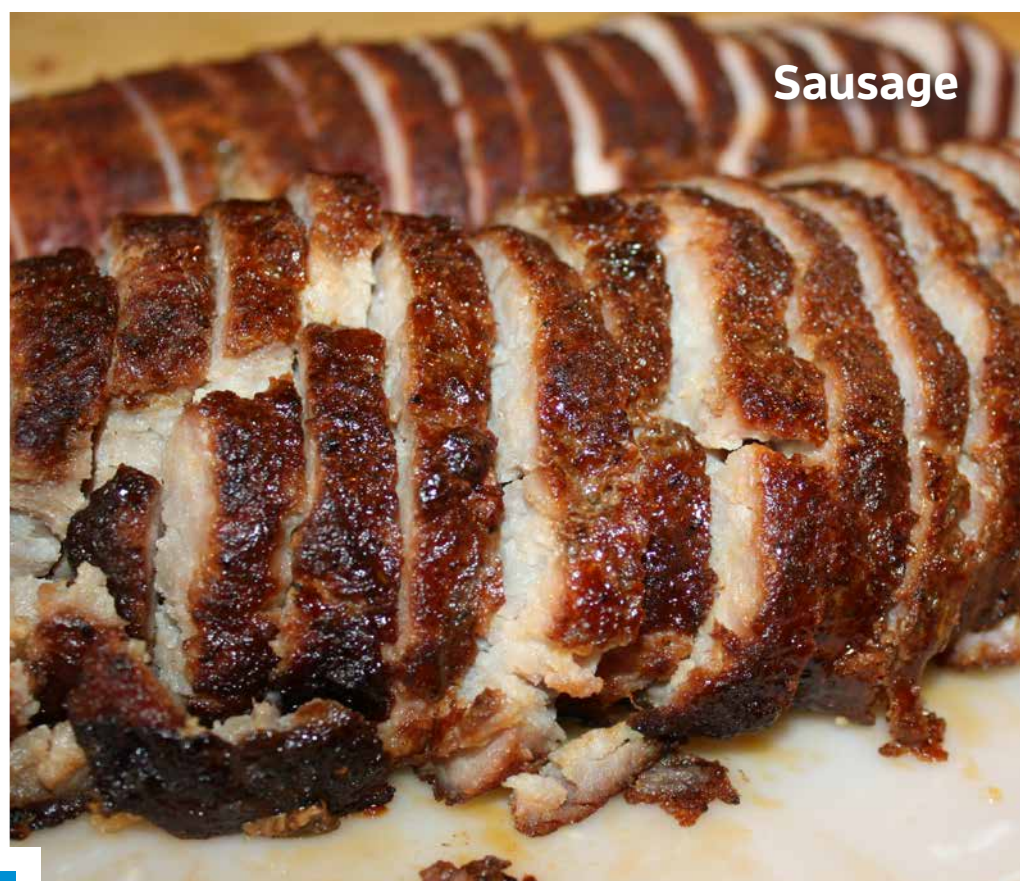
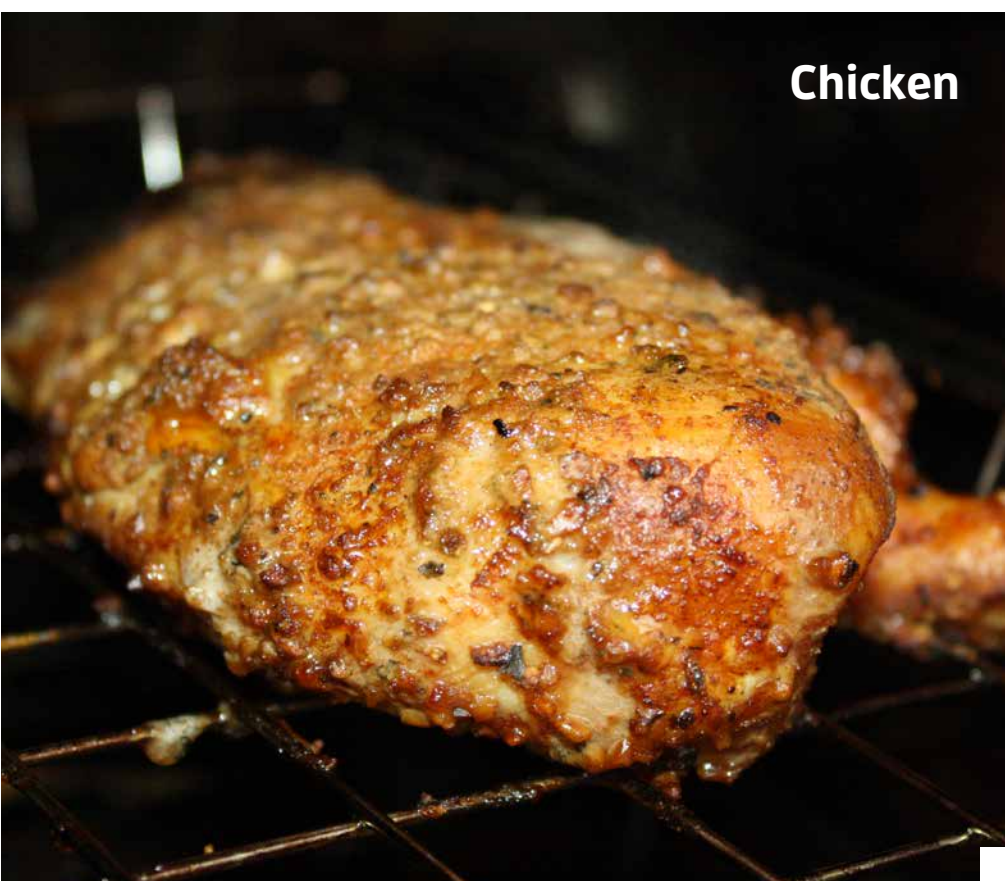


They smoked for 3.75 hours, then I wrapped them in foil with sauce and honey for 1 hour and 20 minutes and put them back on the rack without foil for 20 minutes. More time in the foil would have done the trick.

So it goes at times. We all keep learning!

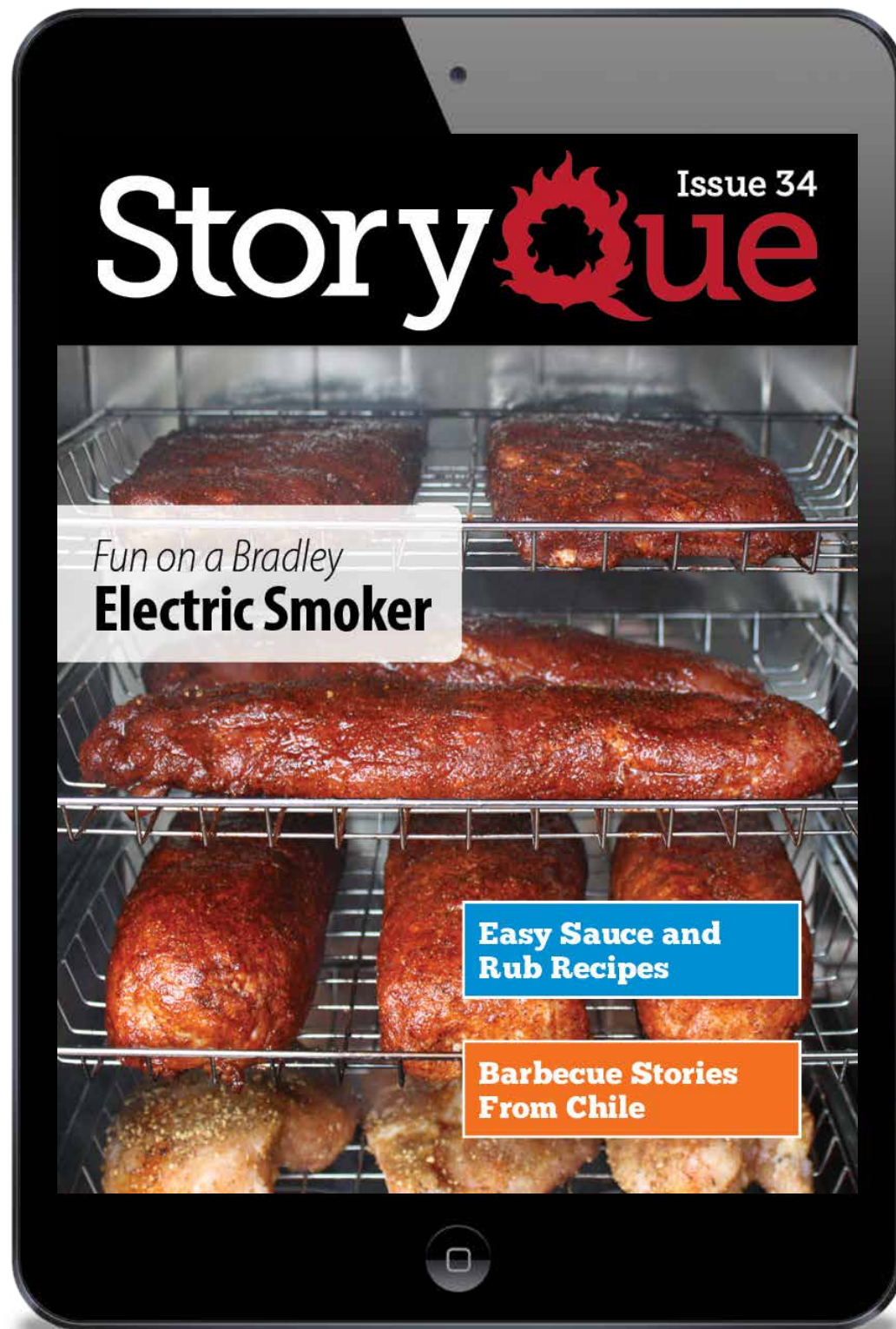
I look forward to sharing my journey with you in the coming months.

Sizzling regards,
Lavern Gingerich





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“Excellent magazine. Gives
you a number of great ideas
without talking down to you.
For novice or the pro.”
— Thomas Forkan



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UrbanGriller
Always Play With Your Food

Daily Bread

Chris Girvan-Brown



I think a lot of people think baking bread is hard work, and after a couple of less than spectacular results, they just give up. Some bread recipes are full of ingredients and steps, make a mess in your kitchen, and are downright confusing! That's how I felt about bread until a couple of years ago.

It was necessity that forced me down the path of making my own bread. All our local franchise bakeries started to die as the supermarkets began baking. The supermarket bread is fluffy, white, and tasteless, but let's face it, the franchise bakery bread wasn't really any better.

I found a little whole food bakery down in Fremantle who did everything by hand with wild yeast and starter cultures—tasty, but expensive. The biggest problem with them was that they were usually closed by the time my day finished, so that didn't help me much, but it did give me a taste for real bread!

I liked the sourdough in particular, so I made a starter culture and diligently fed it every day for three weeks. I only bake bread a couple of times a week, so after three weeks of feeding the starter daily, it kind of slipped my mind. A few weeks after that, the starter was feeling and looking neglected, so I sent it to try and find new friends in the bottom of the trash bin. This is why I don't have goldfish, or any pet incapable of coming and reminding that it is dinner time.

Operating under Management orders, I bought an electric bread machine, and that was great! I used a bread mix from the supermarket and got fluffy white bread every time, but I'd been spoiled by the odd loaf of artisan bread I'd been able to get, and I wanted more. In particular, I wanted taste (any taste) and texture!

It was time to work it out! If a stupid electric box can make bread, I should be able to! With a bit of scratching around on the Internet, I

found several versions of the now infamous “5-minute” artisan bread technique developed by Jim Lahey from the Sullivan Street Bakery and originally published in 2006. Why hadn't I heard of this before? Now 5-minute bread is just not happening—there is no way you can make and bake bread in 5 minutes—but a 5-minute prep and no electricity is something I'm definitely up for.

The process makes a simple wet dough, just roughly mixed the day before and left on the counter to proof. The secret is using a Dutch oven or crock pot as a seriously hot mini oven and letting the over-hydrated dough provide steam as it cooks, developing a fantastic artisan crust.



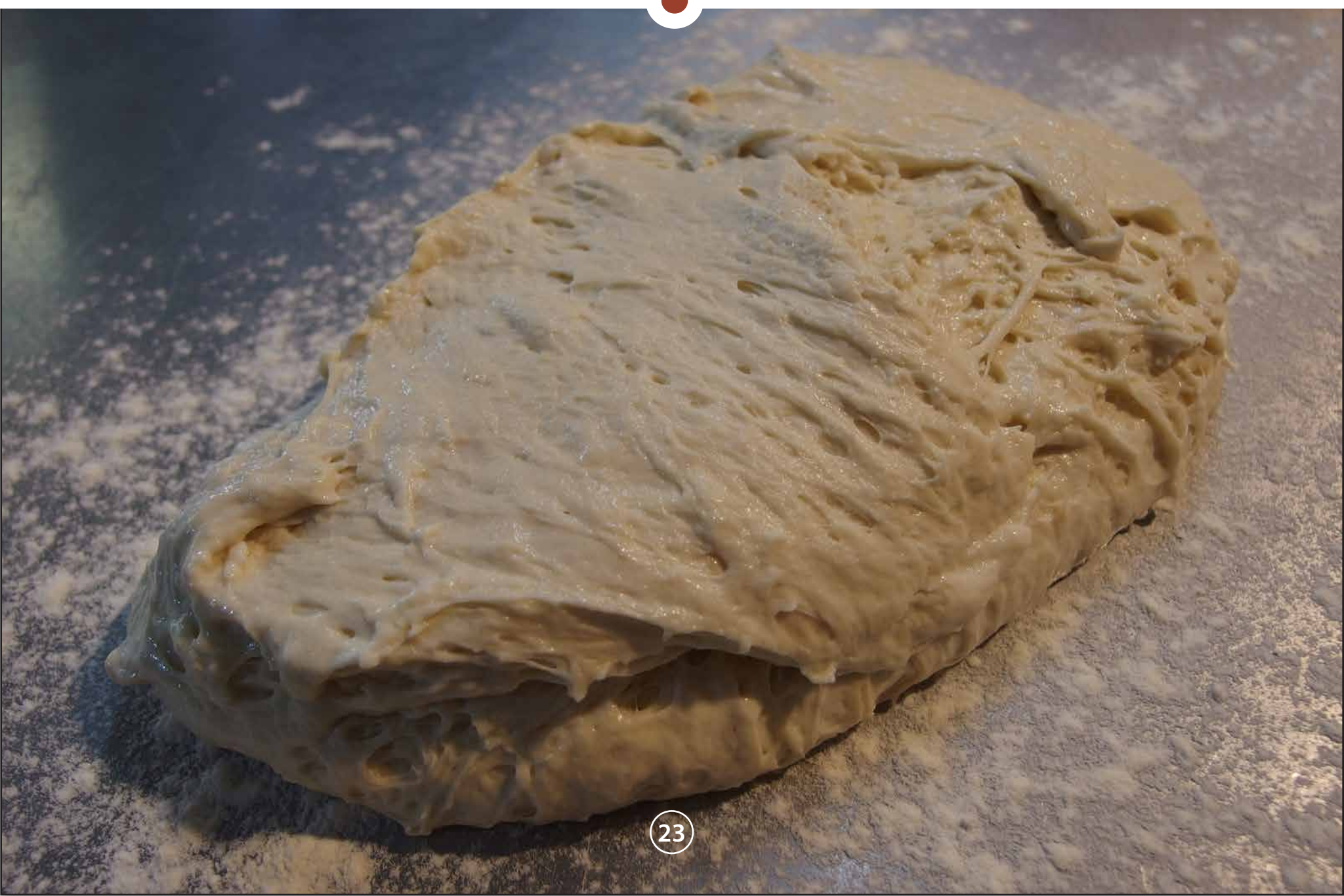
Simple Artisan Bread

The Day Before

- 3 cups flour
- 1-1/2 cups water
- 1 teaspoon yeast
- 1–2 teaspoons salt

Mix all the ingredients together in a bowl to form a rough dough. Remember, this bit only takes 5 minutes of your time, so don't be too fussy; rough enough is good enough!

Cover the dough with cling film and leave it on the bench to proof.





On the Day

Place your Dutch oven in your cooker and get it hot; you want it and its lid to be at 240 degrees C (465 degrees F) to bake bread.

While the Dutch oven is heating, tip the dough out onto a well-floured surface and fold it a couple of times to form a rough loaf. Be careful not to knock all the air out. Using a sharp serrated knife, put a few slashes in

the top of the loaf to allow for expansion.

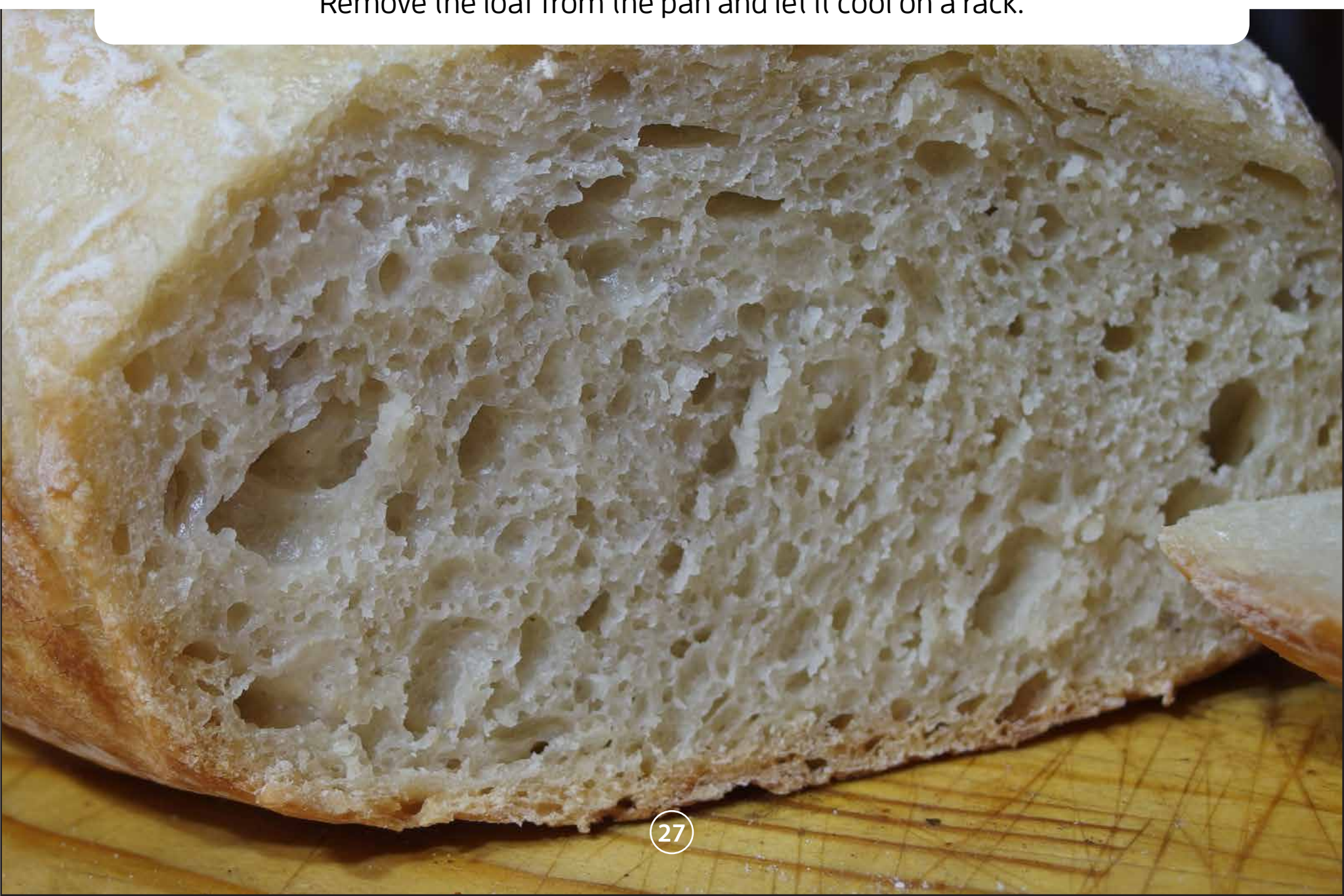
After half an hour, your Dutch oven should be hot. Transfer the loaf to some baking paper and, using the baking paper to hold it together, place the loaf and paper into the Dutch oven. Replace the lid and put it back in the cooker to bake for half an hour. After half an hour, remove the lid and leave the loaf to bake for another 10 minutes.







Remove the loaf from the pan and let it cool on a rack.



What if, like me, you don't have much of a head for the day-before thing?

Well, I started to troll back through some of the old methods I've used and pulled out a killer "Fast Bread" recipe I'd had some success with before. 5 minutes prep, an hour to proof, and then bake!

Two Hour Bread

- 4 to 4-1/2 cups flour
- 2 tablespoons yeast
- 2 tablespoons sugar
- 2 cups warm water
- 1-1/2 tablespoons salt

Mix the yeast and the sugar in the bottom of the mixer bowl, then pour the warm water over it and whisk it gently until they're combined. In 10 minutes, the yeast should have activated, and the mix will be foamy.

In a separate bowl, mix 3-1/2 cups of the flour with the salt.

Fit the dough hook to the mixer, start it on low speed, and slowly add the flour and salt mixture to the foamed yeast and water while the mixer is running.

You need to judge how much of the remaining cup of flour to add—you want a soft dough that is still firm enough to hold its shape. The dough will start to come together and pull away from the sides of the bowl. Knead the dough in the mixer for a few minutes.

Tip out the dough onto the counter and form it into two loaves. Slash the top with a sharp serrated knife.

Let the loaves rise for 20 or 30 minutes.





While the loaves are proofing, preheat the cooker to 240 degrees C (465 degrees F) with the Dutch oven inside for about 30 minutes.

Carefully remove the Dutch oven from the cooker and place a loaf inside the Dutch oven. Replace the lid and return to the oven to cook. Bake the bread for 30 minutes covered, then remove the lid and bake it for another 10 minutes until the top is crusty and golden.



Transfer the loaf to a cooling rack.

The secret here is using the Dutch oven as a mini bread oven and having the bit of steam from a wet mix to give you a reliable “artisan” crust. It’s a great confidence booster, not to mention tasty bread each time, so if you are a bit bread shy, try these two methods and you’ll find yourself thinking bread isn’t that hard after all! Now I’m starting to look at some of the other things I can do with breads.



Chris Girvan-Brown (aka Urban Griller) is Australia’s BBQ Guru. He has written numerous BBQ articles for food magazines, instruction manuals, and cookbooks. He also does BBQ cooking segments for local radio and has been running BBQ cooking schools for 14 years.



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Great magazine ★★★★★
“Excellent magazine. Gives
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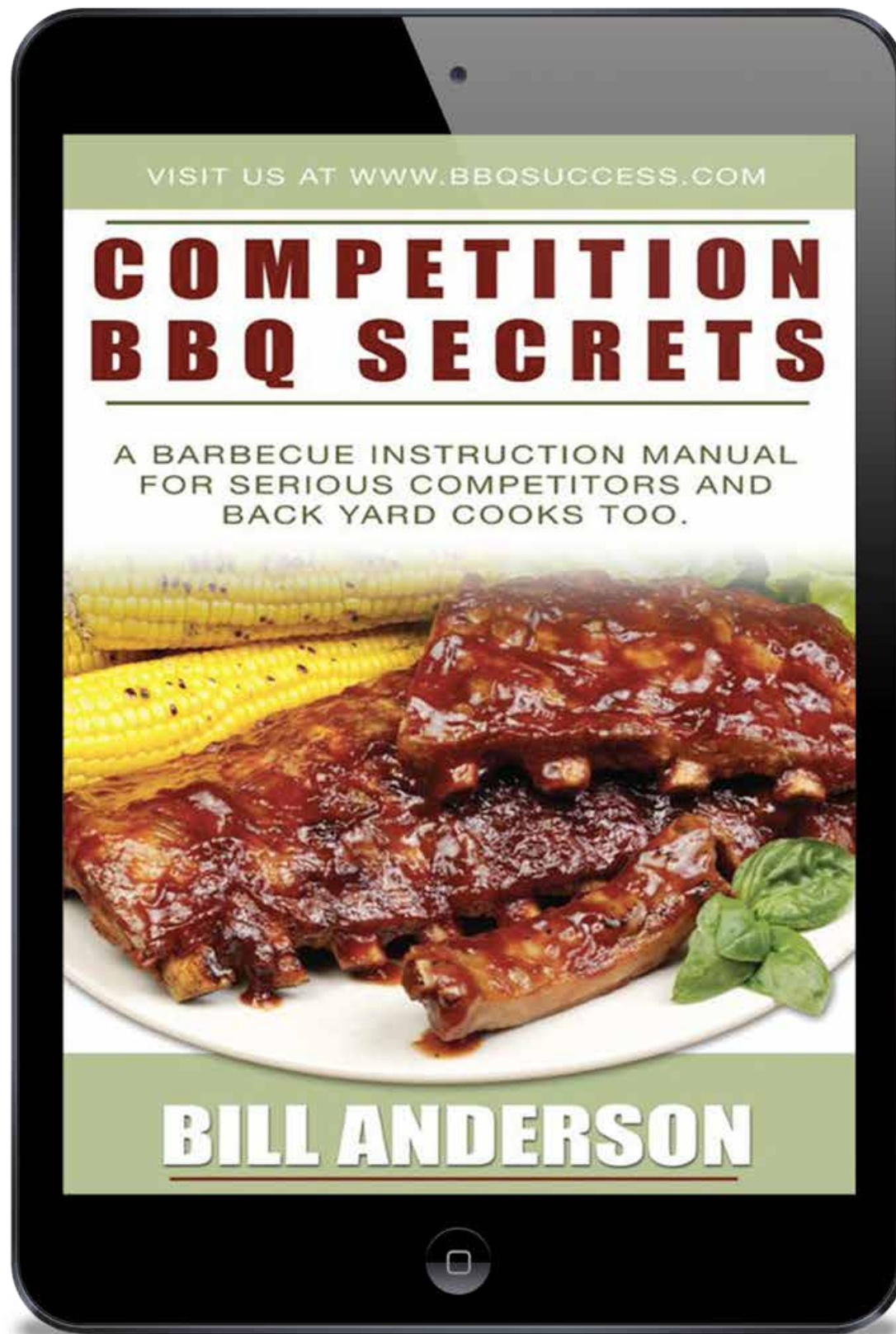


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Fill Up the Cracks

Barbara Stoltzfus



Simply Authentic Photography

Italian Sub Dip

- 1/2 head iceberg lettuce
- 1 small onion
- 1 tomato
- 1 cup banana peppers
- 1/2 pound turkey breast
- 1/2 pound ham
- 1/4 pound Genoa salami
- 1/2 pound American cheese
- 1 cup mayonnaise
- 1 tablespoon oregano
- 1 tablespoon basil
- 1/2 teaspoon red pepper flakes

Chop up the lettuce, onion, tomato, meats, and cheese into small pieces and toss them together in a large bowl. Add pepper. Combine the mayonnaise and seasonings and toss them with the other ingredients until everything is well coated. Serve immediately.



Strawberry Salad

with Poppy Seed Dressing

Salad Ingredients

- 1 head romaine lettuce
- 1 onion
- 2 cups sliced strawberries
- 1/2 cup slivered almonds
- 1/3 cup sugar

Dressing Ingredients

- 1 cup mayonnaise
- 2 tablespoons sugar
- 1 tablespoon sour cream
- 3 tablespoons milk
- 2 teaspoons red wine vinegar
- 1-1/2 teaspoons poppy seeds

In a skillet, toast the almonds and sugar until they are lightly brown and set them aside to cool. Chop up the lettuce and cut the onion in half, then into thin slices. On a large platter, layer the lettuce, onion, and strawberries. Drizzle the salad with the dressing and sprinkle the almonds on top.



Rhubarb Custard Bars

Crust

- 2 cups flour
- 1/4 cup sugar
- 1 cup butter, cold

Preheat an oven to 350 degrees F. Combine the flour and sugar, then cut in the butter with a pastry blender or fork until the mixture resembles coarse crumbs. Lightly press the crust into a greased 9x13-inch pan and bake it for 10 minutes.

Filling

- 2 cups sugar
- 7 tablespoons flour
- 1 cup whipping cream
- 3 eggs, beaten
- 2 tablespoons lemon juice
- 5 cups chopped rhubarb, fresh or frozen

Combine the sugar and flour, then whisk in the cream, eggs, and lemon juice. Gently fold in the rhubarb. Pour the filling over the crust and bake for 40–45 minutes or until the custard is set. Cool it completely.

Topping

- 8 ounces cream cheese, softened
- 1/2 cup powdered sugar
- 1/2 teaspoon vanilla
- 8 ounces Cool Whip

Beat together the cream cheese, powdered sugar, and vanilla until the mix is smooth. Fold in the cool whip. Spread the topping over the custard, cover, and chill the bars until you're ready to serve them.





Sauce Recipe

of the Month

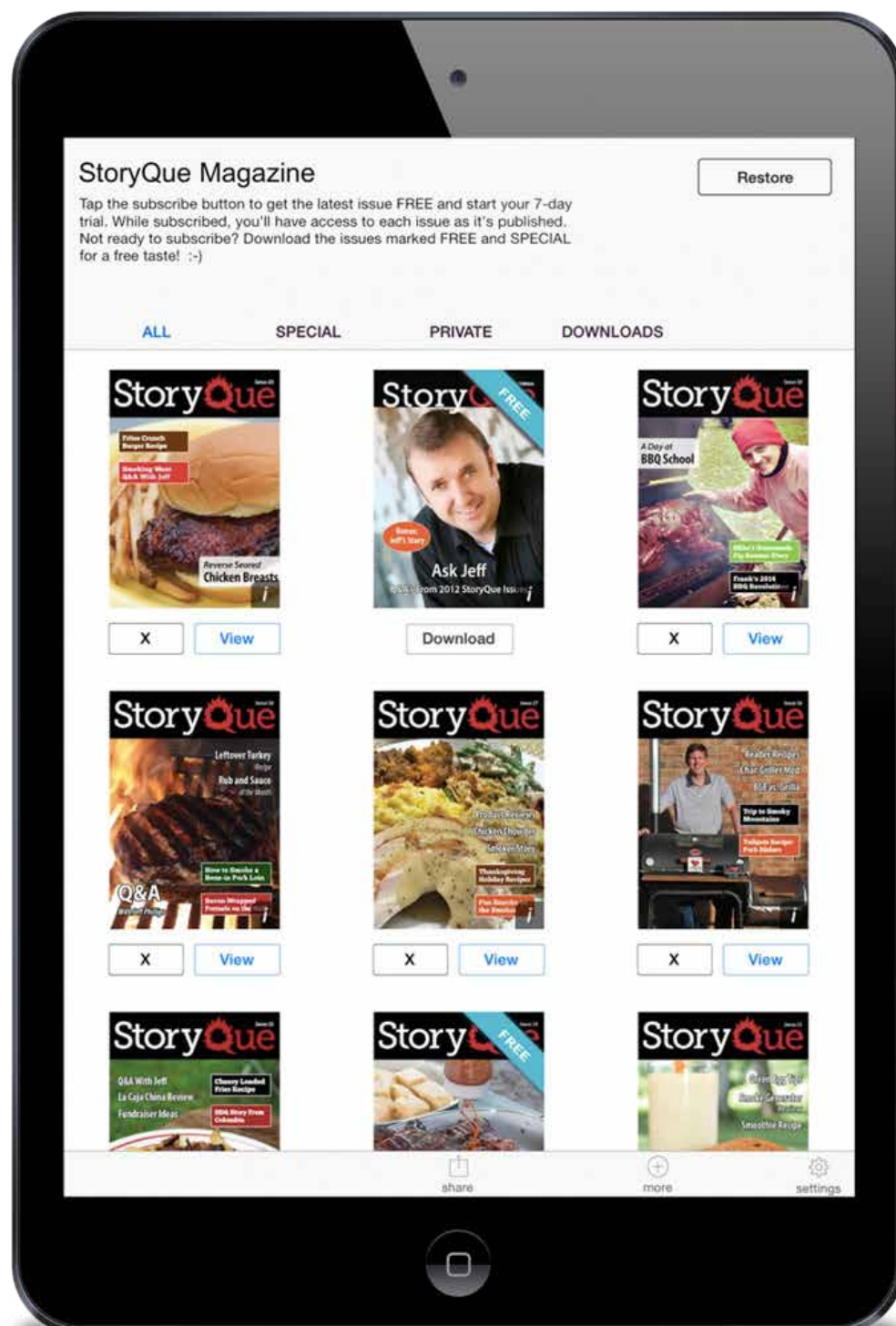
My Mom's Barbecue Sauce

Some people say Georgia is sort of a melting pot of barbecue sauces. Situated between Tennessee, South Carolina, Alabama, and Florida, we sort of like all kinds of barbecue sauce down here. We even like a Texas hot and spicy sauce every now and then. If I had to pick one barbecue sauce that could be described as a “Georgia barbecue sauce,” I guess it would be a ketchup, mustard, and vinegar based sauce.

- One small to medium onion, chopped
- 1-1/2 cups ketchup
- 1-1/2 cup water
- 1/4 cup vinegar
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1 teaspoon chili powder
- 1/4 cup Worcestershire sauce
- 1 teaspoon yellow mustard

Combine everything in a large saucepan, mixing well. Bring the sauce to a boil, then simmer, uncovered, for several hours until it thickens. Makes about 2 cups.

Taken from [Competition BBQ Secrets](#) by Bill Anderson.
If you have a recipe to share, send it to lavern@storyque.com.



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Rub Recipe

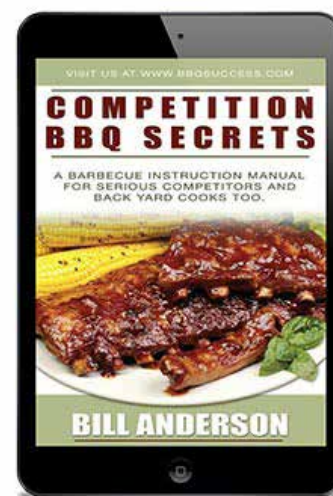
of the Month

Rib Rub

As you can imagine, with all the ingredients and spices available, there are literally millions of different combinations or recipes you can make. Don't be afraid to experiment with what you like. If you like things hot, add in a little bit more cayenne, jalapeño, chipotle, or even dried habanero. Other possible ingredients could include fennel, coriander, cinnamon, turmeric, sage, dill, rosemary, parsley, basil, oregano, cumin, celery salt, Mrs. Dash seasoning, red pepper flakes, lemon pepper, allspice, cloves, star anise, thyme, dry mustard, ancho, nutmeg, cajun spice, etc.

Ingredients

- 1 cup granulated brown sugar
- 2 teaspoons white sugar
- 1/4 teaspoon cayenne pepper
- 1 tablespoon chili pepper
- 1 teaspoon black pepper
- 2 teaspoons granulated garlic
- 1 teaspoon granulated onion
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon Country Time lemonade mix



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Lighting a Grill Volcano Style

Plus Carne Huachalomo, Pebre,
and Sandia Sour

Michael Farmer

While visiting my best friend, Dave, in Santiago, Chili, I had the honor of being invited to a traditional Chilean cookout. Freddy, my buddy's neighbor, became excited when he heard that a barbecue enthusiast from America was coming to visit and eagerly insisted on hosting a traditional Chilean barbecue. Despite my 30-plus years as an avid grills-man, this event proved to be a delicious learning experience.

Chile has a Latin culture with a European influence. Fruit trees are everywhere, and fresh fruit is a staple in Chilean cuisine. As a result, hardwood for cooking is abundant. Nonetheless, grilling with "Carbon" (lump charcoal) is preferred over "Leña" (hardwood). Carbon is available everywhere, from supermarkets to roadside vendors. Slow-burning charcoal briquettes are unheard of.

Although I often chide Dave for grilling with gas, I am secretly a little envious of how easily he can get his grill hot and ready, particularly when entertaining. For this get-together Dave and his wife, Megan, are using his gas grill to cook up a slew of vegetables freshly harvested from their large backyard.

To preseason his cooking surface, Dave cooks up a few slices of Tocino (bacon) before adding a chopped onion. Once cooked, he puts the bacon and onion aside while he puts the zucchini and tomatoes on. Once they are cooked, he uses the bacon and onion as a topping for the roasted tomatoes. Meanwhile, Megan brings out her signature caramelized onions ([recipe here](#)) to keep warm on the grill.

Next door, Freddy is preparing to light his grill. He uses a typical half-barrel type grill with a large cooking area but no cover. He has the grate off, an empty wine bottle standing in the middle of the grill, and a small

stack of newspaper pages ripped in half.

One by one Freddy folds and twists each page lengthwise into a 3/4-inch ribbon and ties it around the bottle. He places the bottle, with five of these tied paper ribbons, into the middle of the grill and pours a pile of Carbon over it, forming a conical pile with the top of the bottle peeping out in the middle. Then he very carefully pulls the bottle straight up and out of the pile, leaving a perfect newspaper-lined cylinder in the middle of the pile. He twists up the last sheet of newspaper into a long wand and lights it with a match, then drops it in the central hole.



Newspaper pages



Tied paper ribbons





Wrapped bottle



Adding carbon



Carbon around bottle



Bottle removed

Perfect conical carbon pile and newspaper-lined cylinder in the middle



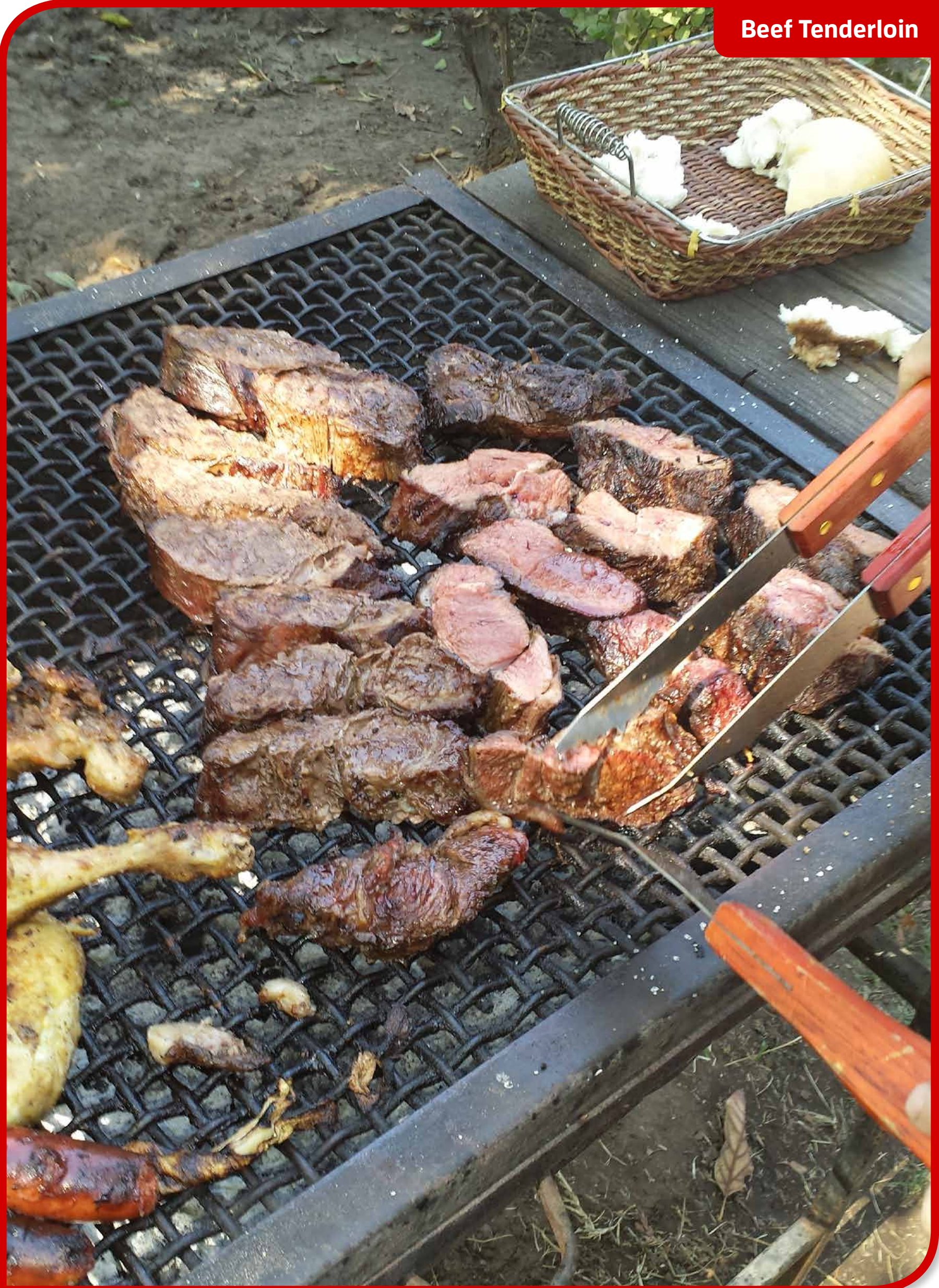
Lighting the fire



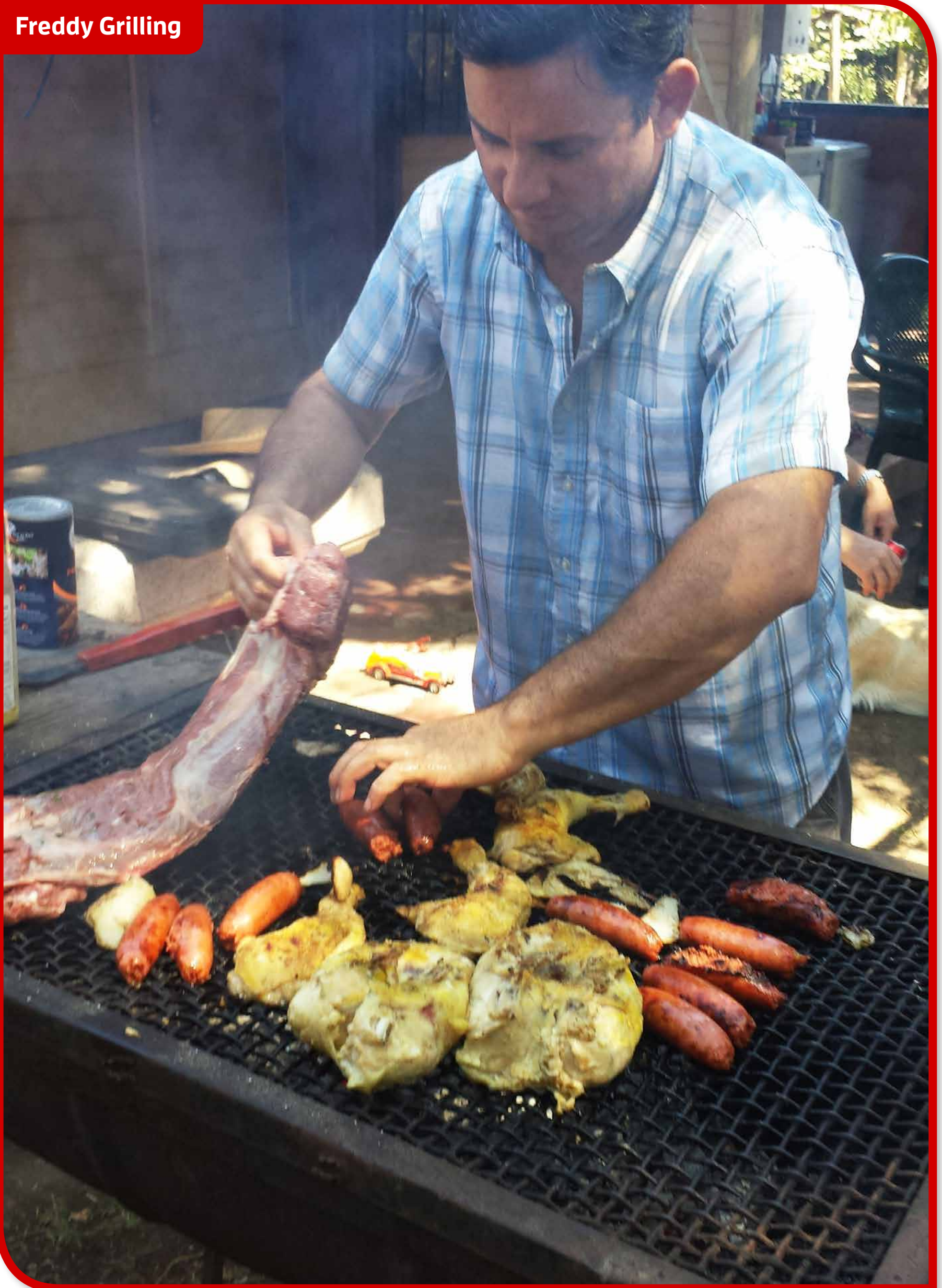
Hot coals



Beef Tenderloin



Freddy Grilling



Sandia Sour




Pebre



Vegetables





Freddy explains that lighting a fire this way is the “Volcano” method. Once the paper has burned off and some of the coals have a healthy glow, he starts fanning the fire with a piece of cardboard. He says it’s not necessary, but it helps the fire get ready sooner.

While the coals are lighting, Freddy’s wife, Marella, brings out a pitcher of Sandia Sour, a refreshing drink made from watermelon, orange, ice, and Pisco (a Chilean brandy).

With the coals fully ignited and spread evenly, Freddy places the grate onto the grill and goes inside his house. He comes out a minute later holding a baggie of frozen onion chunks and dumps them out onto the hot grate. Using tongs, he cleans the grate by rubbing the frozen onion all over it. As he scrubs the hot grate with the frozen onion, Freddy explains that this not only cleans, but also sort of “pre-seasons” the grate with a little onion flavor.

First onto the grill are “Longaniza,” a sort of chorizo-style Chilean sausage, followed by chicken pieces parboiled in broth. He also has carne huachalomo, a whole beef tenderloin which he will put on after the chicken cooks a little longer. Once they are cooked, Freddy starts serving the Longaniza as an appetizer on bread rolls, topping them with

pebre, a Chilean salsa/relish. Meanwhile, he is continuously turning the chicken pieces.

Most people know pebre by its Mexican name, pico de gallo, but that term is very offensive in the Chilean dialect of Spanish and not used, even in jest.

While we are enjoying the sausages, Freddy puts the carne huachalomo on the grill and starts to sear it on all sides. As he sears it, he generously salts it and the chicken using very coarse salt. He explains that this keeps the meat juicy while cooking. Once all sides are seared, he splits the roast lengthwise down the middle with a sharp knife and places the cut sides on the grate. As those sides sear, Freddy further cuts the split roast into individual steaks, continuing to cook them until they are done and ready to serve.

What I found interesting is that Freddy was able to cook larger, thicker meats that normally need to be cooked with covered, indirect heat, using only an open, direct heat source. By continuously turning and cutting the meat to size during cooking, he put a wonderfully delicious dinner on the table right alongside all the exquisite vegetables Dave cooked on his gas grill.

—Michael Farmer, KA-Ranch



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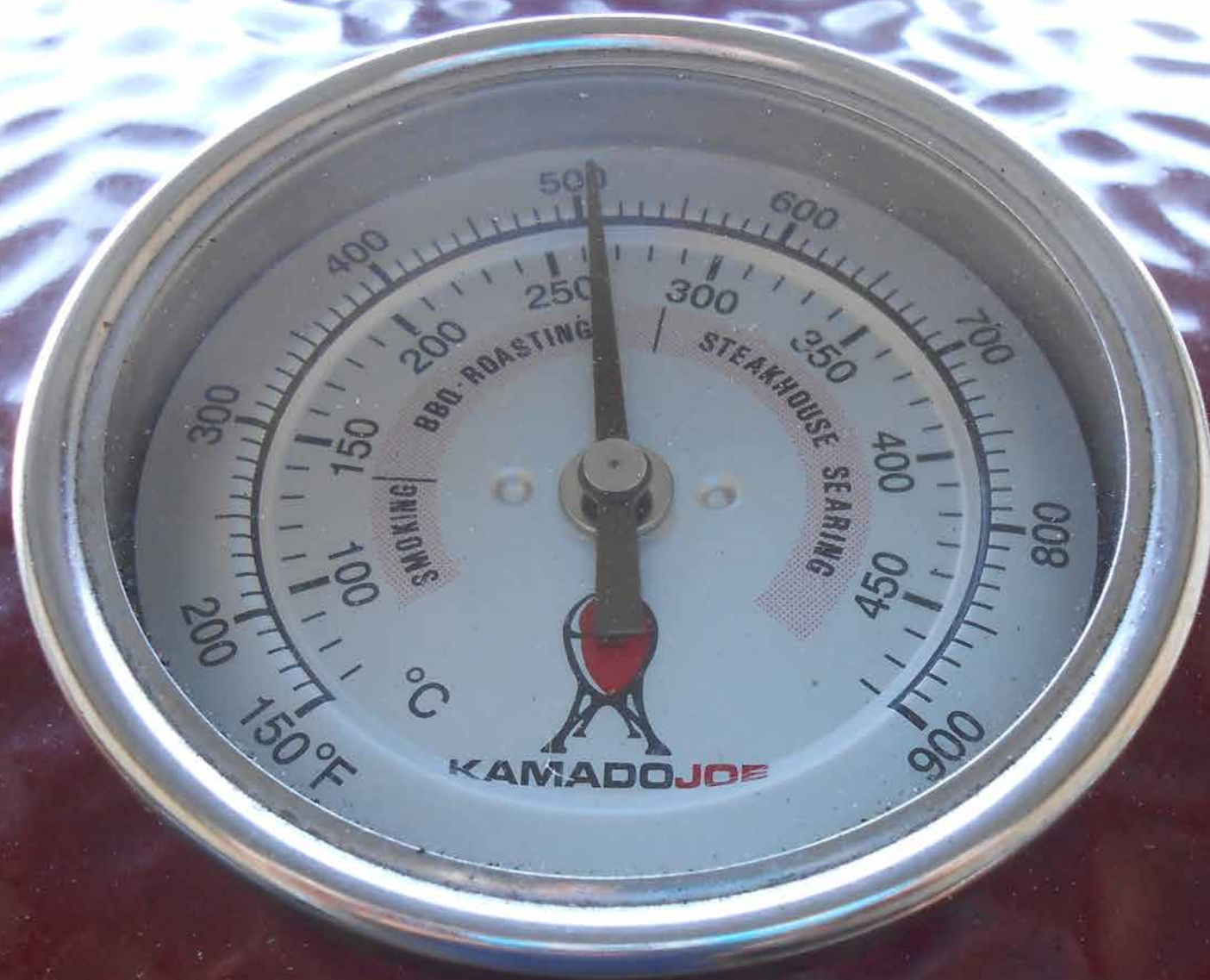
OK folks, spring has finally arrived, which means in Canada that the hockey playoffs will begin soon. Usually, hockey playoffs equals pizza and beer! I'm not talking about *ordering* anything, but about making a spectacular culinary delight on your ceramic cooker.

So c'mon, get some ice-cold beer and charcoal, and let's cook.

Instructions

1. For the dough, there are tons of recipes online on how to make your own. I usually make my own dough, but now that my dough mixer is broken, I get some ready-to-make "homestyle" dough from my supermarket or buy some from a guy I know at the local pizza parlor. It does save time and mess, and it tastes pretty much the same. Just make sure to let it rest at room temperature for an hour in order for the dough to be workable.
2. While your dough is resting, light up your Kamado cooker. Get a good load of charcoal in it, as it will need to get really hot—I am talking 600–650 degrees F!
3. Once your charcoal is burning well, install your heat deflector and pizza stone inside your Kamado. For those of you who have a Kamado (and those who wish to buy one), Kamado Joe have a grill grate setup called "Divide and Conquer." It provides a "star" device to install our heat deflector and pizza stone on. This thing is phenomenal! The height setup is perfect to get a nice crispy crust with a little char.
4. Prepare your toppings. In this pizza, I used some "beer-infused" sausages and maple-cured bacon from Slipacoff's Premium Meats (premiummeats.ca). I also added some honey maple ham and pepperoni from the supermarket. I sliced all my toppings in cubes and added them one after the other in a skillet on the cookstove at medium-high temperature. Reserve your toppings.
5. In order to prep the dough, get a big piece of parchment paper and stick it to the table as illustrated. The size will depend on the size of your pizza. Pour some white flour on it.
6. Time to make your crust! Place your dough ball on the paper, make sure it is entirely covered in flour so it won't stick, and start flattening it by pressing down in the middle with your fingertips together. Flip the dough over and flatten it from that side too. This helps start a round crust and press out any air bubbles. To get the crust to its finished size, stretch it by hand or use a dough roller.
7. Now that you have your dough ready, brush some olive oil all over it—not too much, but enough to cover the entire dough. Now when you apply the sauce, the dough won't stick to your spoon, and moreover, olive oil on the crust will give you that golden color that will make your pizza spectacular.





8. Cover your pizza with your pizza sauce. In this case, I used my own spaghetti sauce, as it is going to be a “meat lover” pizza. Be conservative on the sauce, as you don’t want to make a mushy dough.
9. Add your favorite toppings and cheese to taste.
10. Prepare your pizza to go on the Kamado. I’ve discovered a secret trick to do this. For years, I’ve been wondering how to get my pizza ready for the Kamado and onto a pizza peel without

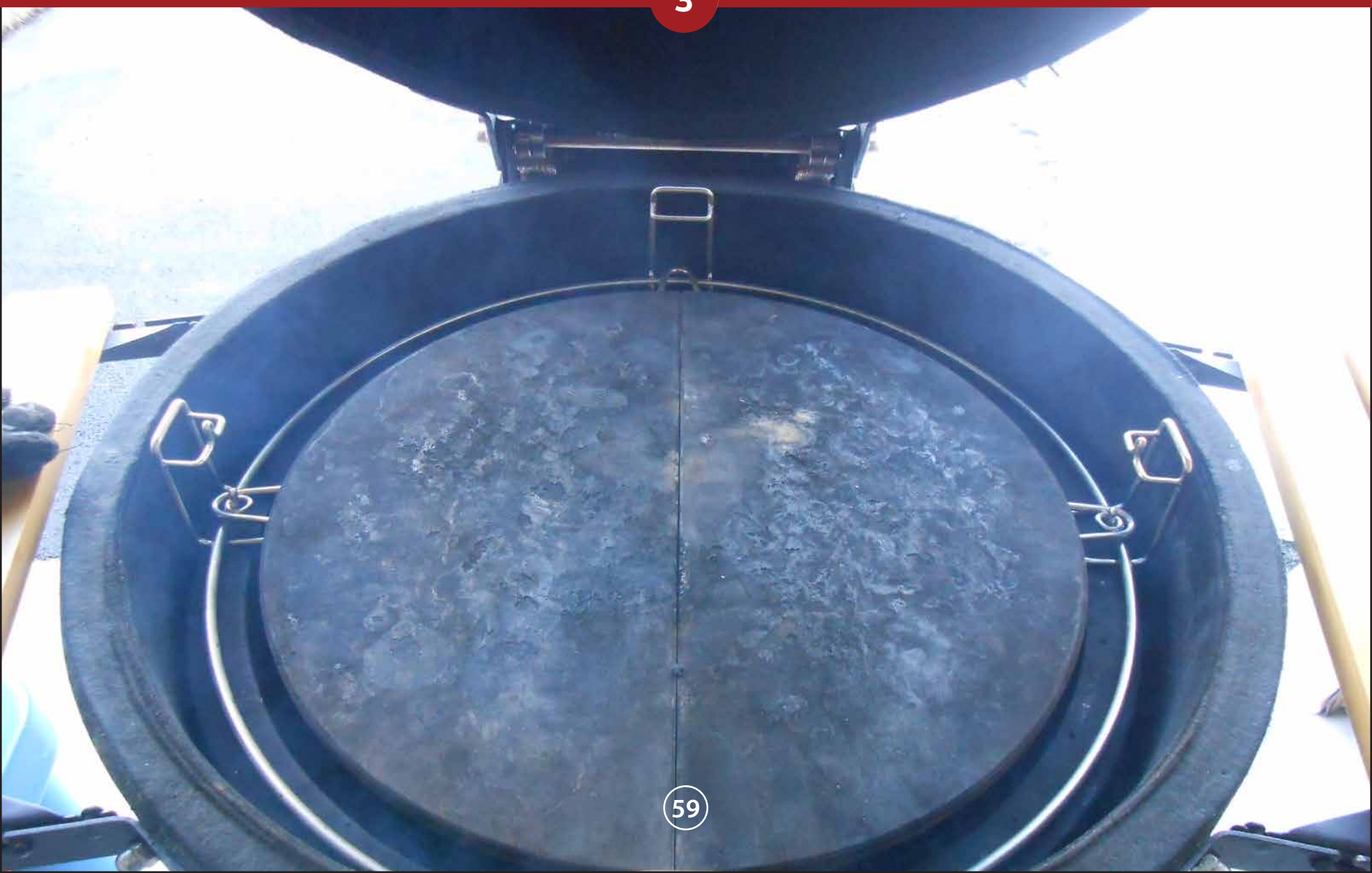
making a mess. I’ve tried all the tricks in the book: baking the dough halfway through and adding the topping after, using cornmeal on the pizza peel, making the pizza in pan. But nothing worked as well as this method: when your pizza is covered with topping and ready to go on the Kamado, cut the parchment paper a little smaller than your pizza stone, leaving an inch sticking out on one side of the pizza so you can grab it. Then slide your paper and pizza onto your pizza peel. It’s like magic!

11. Gently slide your pizza, with the paper, onto your pizza stone. Close the lid of the Kamado and wait 4–5 minutes.
12. After 4–5 minutes, lift the lid and slide gently your pizza peel under the dough. It should slide smoothly. Lift your pizza and remove the parchment paper. Isn't that great? No mess!
13. Close the lid, wait another three minutes, then open the lid and check the bottom of your dough to make sure you won't be getting a half-cooked pizza surface with a carbonized bottom crust. If the bottom of the crust appears golden and cooked through, remove your pizza, place it in a pan, and return it to the cooker.
14. Monitor your pizza until the crust gets golden brown and the cheese turns a nice dark yellow-orange color.
15. Remove the pizza from the cooker, cut it with a pizza cutter, serve it immediately with an ice-cold beer, and watch it disappear!





3



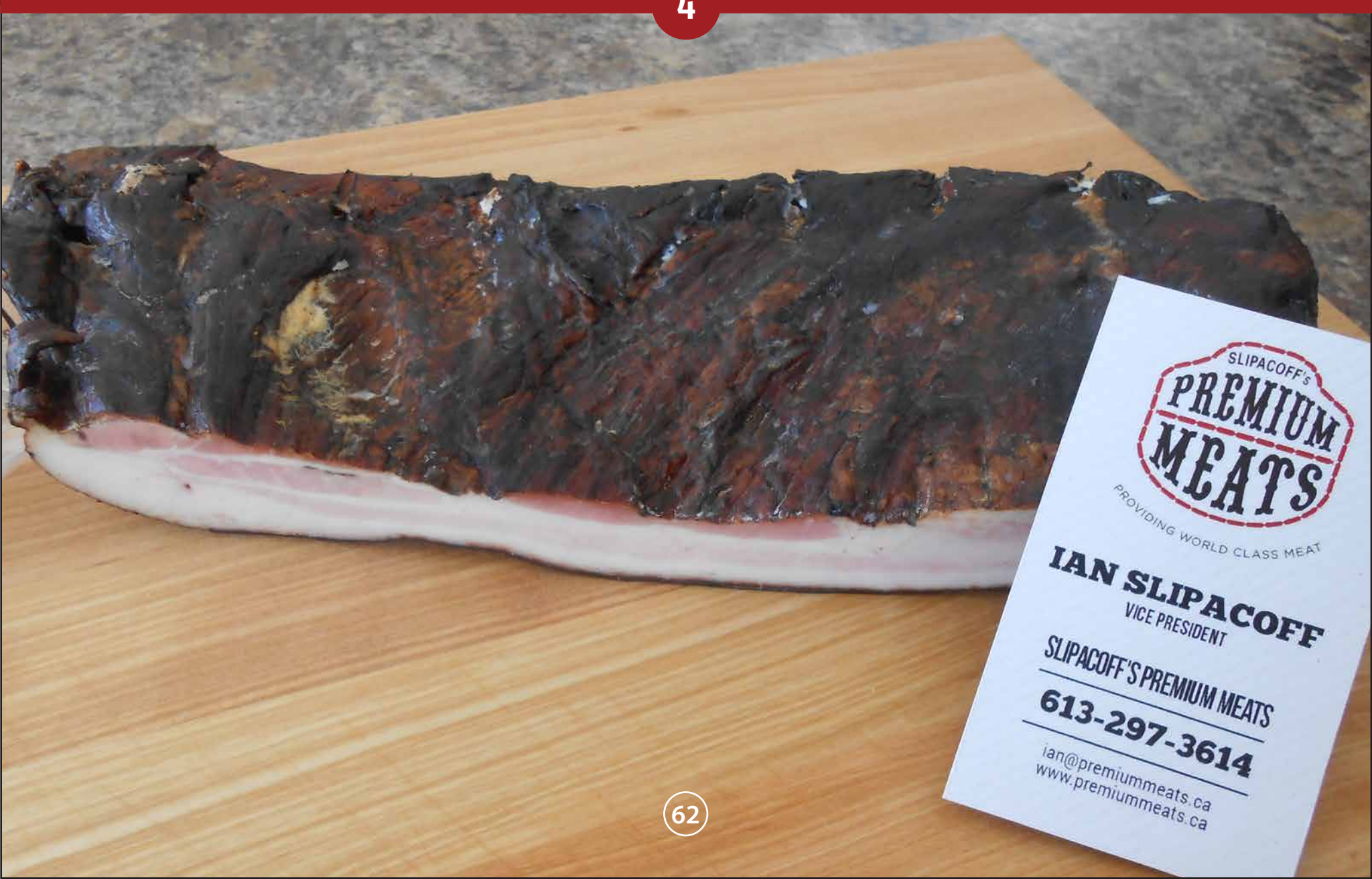
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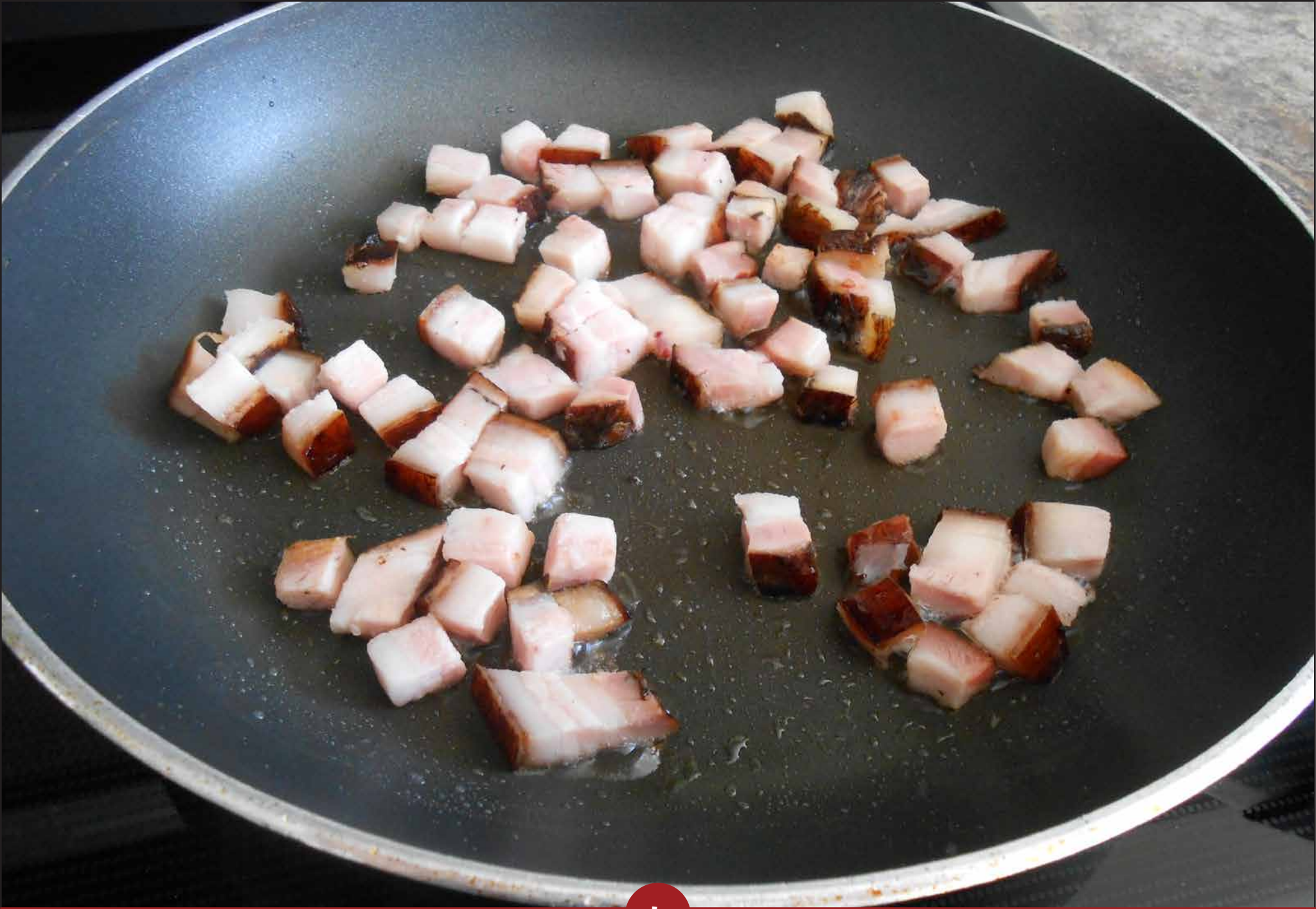




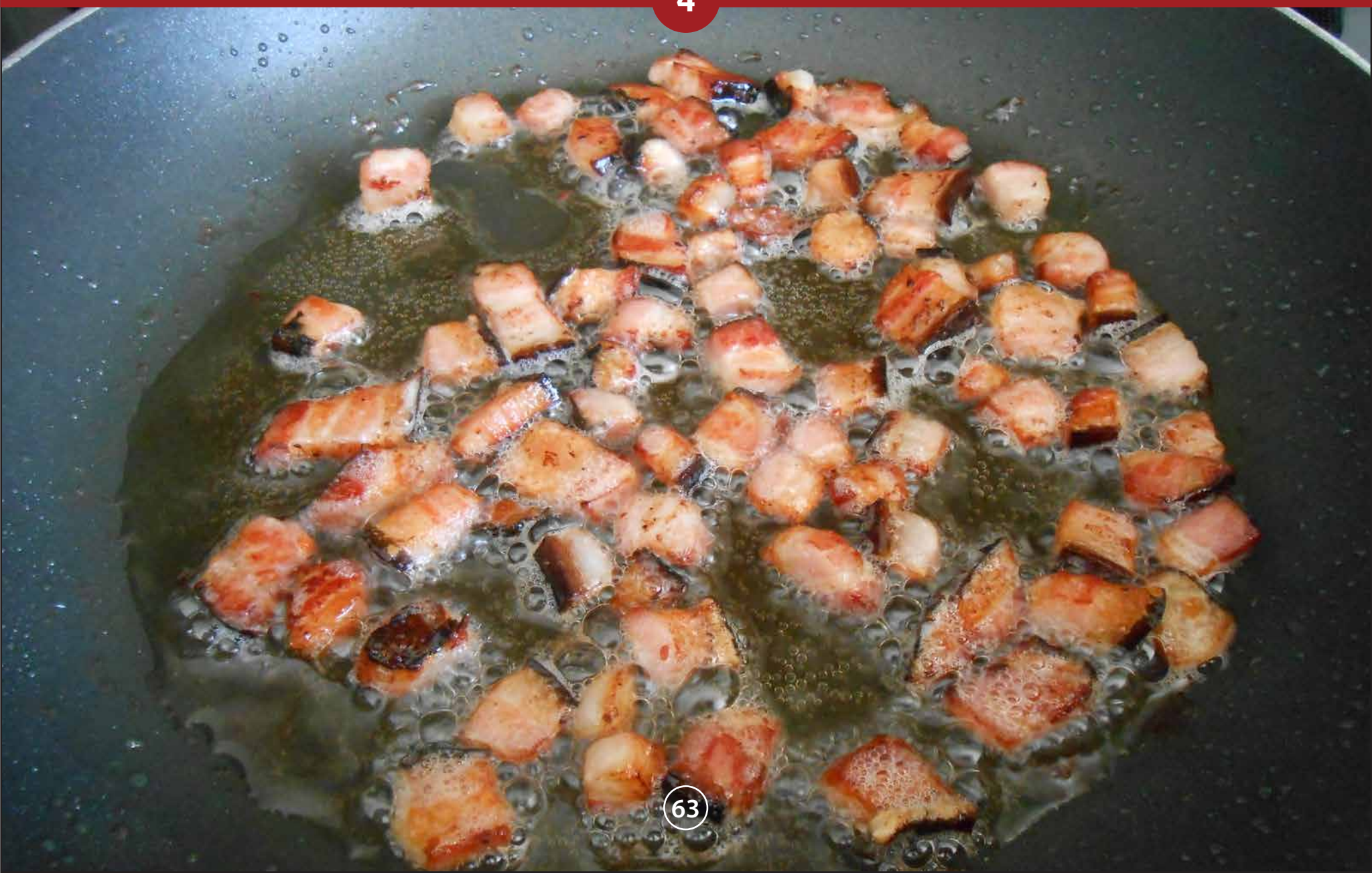


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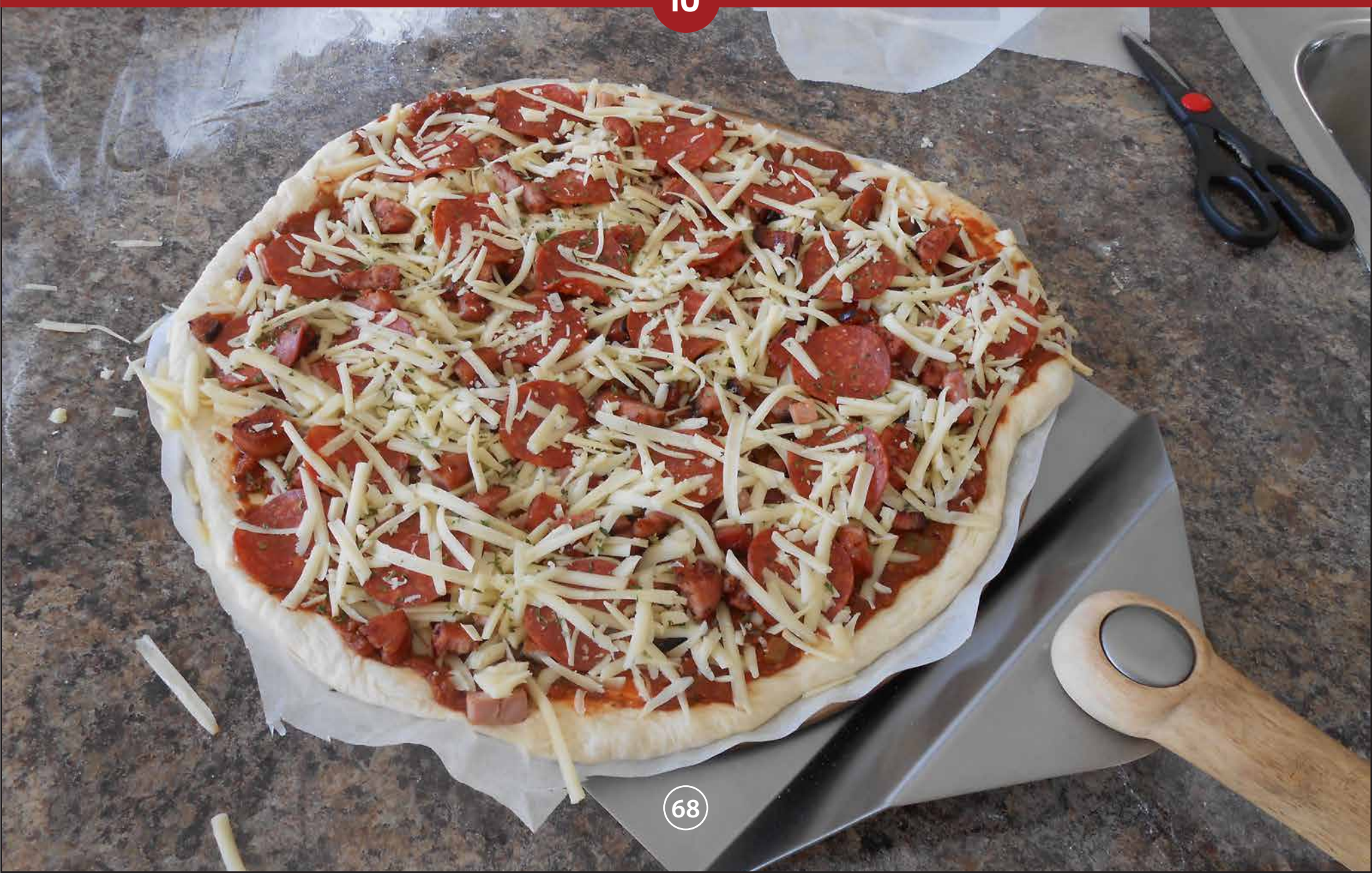
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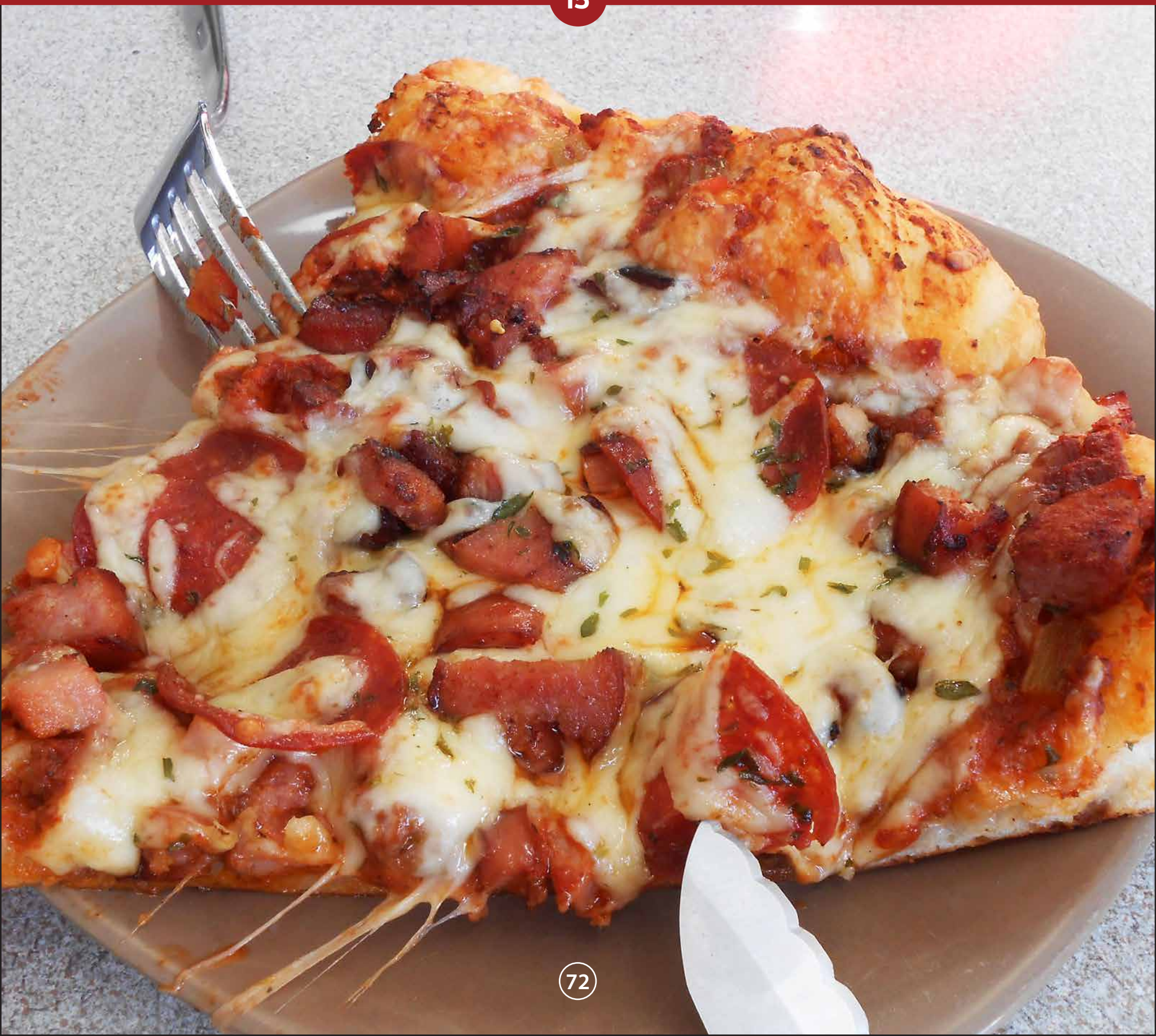








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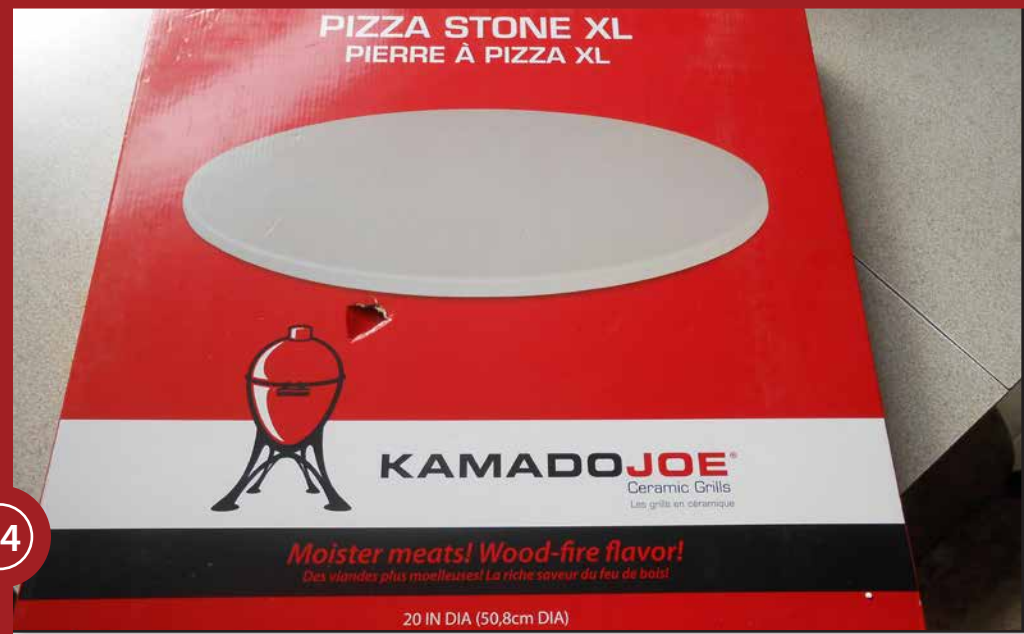


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You can also use this method for a traditional pizza.

Also, Kamado Joe is selling an over-the-top pizza stone. I've tried many, and some are just not resilient to high temperatures. Kamado Joe has two versions of the pizza stone, one for the Kamado Classic and one for the Big Joe. Get one!





For those of you interested, here's my spaghetti sauce recipe for a meat lover pizza:

Spaghetti Sauce

- 1-1/2 pounds ground beef
- 2 medium onions, finely chopped
- 2 tablespoons fresh minced garlic
- 2 cups diced celery
- 2 cups diced carrots
- 1 green pepper, finely chopped
- 1 jalapeño pepper, finely chopped
- 1 can (28-ounce) crushed tomatoes
- 2-3 tablespoons corn (or maple) syrup
- 2 tablespoons mustard powder
- 2 tablespoons Worcestershire sauce
- 1-3 bay leaves
- 2 tablespoons dehydrated chicken broth
- 1 teaspoon cayenne pepper
- 1 can (13-ounce) tomato paste
- 1 quart tomato sauce
- 4 tablespoons Italian spice mix

In a medium saucepan, cook your onions until they're soft and transparent. Turn your burner to medium high and add your ground beef to the saucepan. Once your ground beef is cooked, add the celery, carrots, bay leaves, garlic, green and jalapeño peppers, mustard, Worcestershire sauce, dehydrated chicken broth, Italian spices, and cayenne pepper. Mix everything well, then turn the burner to low heat, cover the pan, and let it simmer for 1 to 1-1/2 hours.

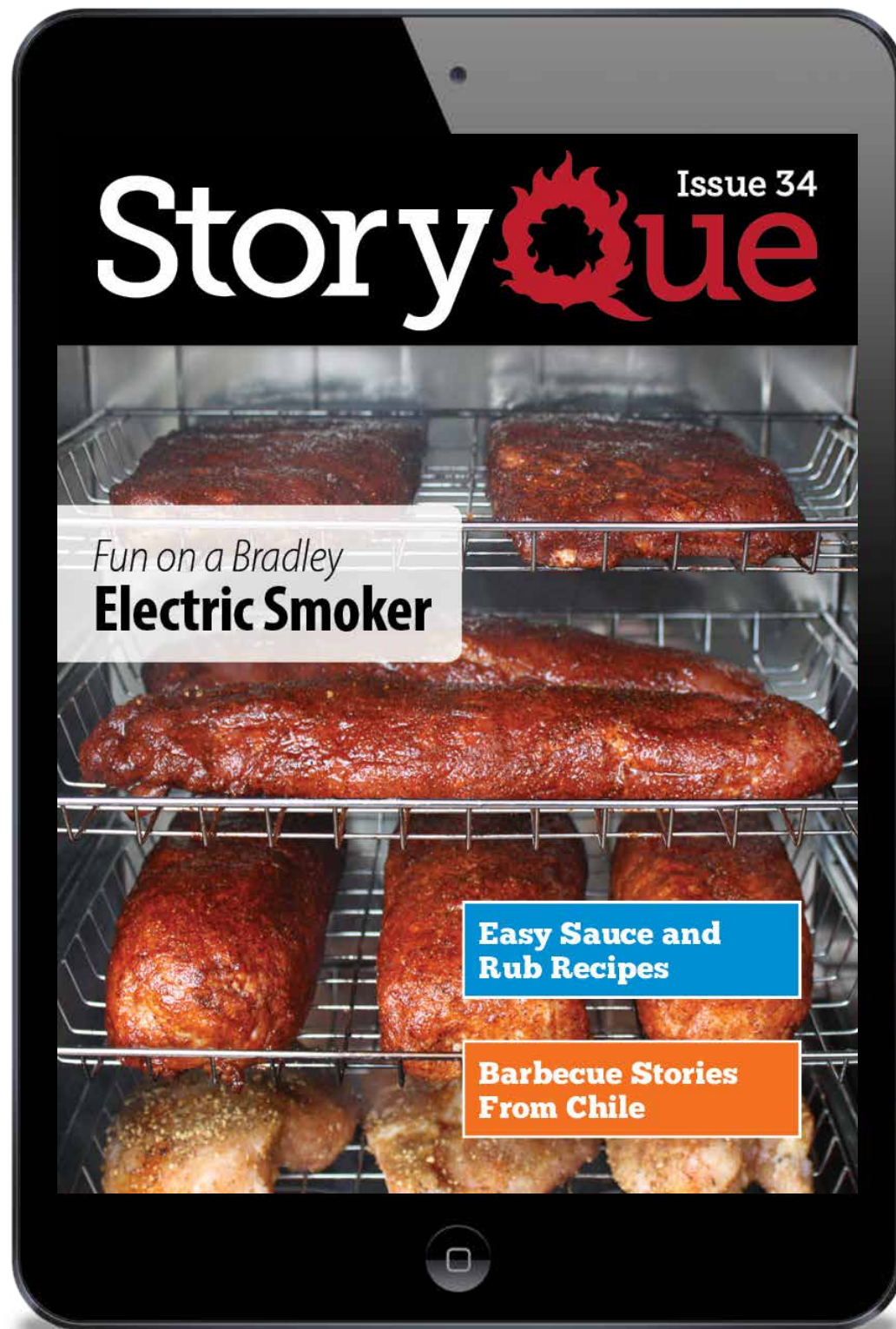
After simmering, add your crushed tomatoes, tomato paste, tomato sauce, and corn syrup. Mix the sauce well and season it to taste. Preheat an oven to 300 degrees F and place your pan inside, uncovered, for another two hours, stirring it occasionally when you see it bubbling. Remove it from the oven and enjoy!



"I am a barbecue enthusiast who has been food-obsessed since my early teens. I build my repertoire by following the techniques of renowned chefs and barbecue professionals. My grandma's cooking abilities have also been an inspiration to me, and many of my recipes are based on hers. I want to promote Canadian barbecue through my recipes, and by introducing others to barbecue professionals from the Great White North." —Francis Bourque



Great magazine ★★★★★
“Excellent magazine. Gives
you a number of great ideas
without talking down to you.
For novice or the pro.”
— Thomas Forkan



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ASK JEFF

Q&A With Jeff Phillips, da smokin' meat man

Q: I have two questions: first, I've got a 30" Masterbuilt electric smoker. How many butts can I do in it at once? Second, I'm having a St. Pat's day event and feeding 25 to 30 people. Should I use pork shoulder or pork butt? I'm thinking I will do 4 to 6 pieces.

A: Your best choice is probably pork butts, and I think you can fit at least 4 in the Masterbuilt 30. I think more than that might make it too crowded and prevent the heat and smoke from flowing properly.

Pork butts usually yield about 60% of their original weight in meat; for example, a 7-pound butt will yield just over 4 pounds of finished pulled pork. If you figure 3 sandwiches per pound of finished meat, you'll get about 48 sandwiches out of 4 average pork butts.

If you need more meat than that, you might have to cook a couple in the oven (same temperature as the smoker) and mix it in with some of the smoked pulled pork to use as overflow in case you run out. I would get crucified if some folks heard me say that, but I am a big believer in not running out of food when you have guests over. Oven pulled pork is better than not enough pulled pork any day.

Q: How in the world do you remove the membrane? It's not as easy as you or Malcom Reed make it look! There must be a trick to it. It took us an hour to remove it a little piece at a time. HELP!

A: The membrane is easier to remove on some pork ribs than on others, and your difficulty may have to do with the age of the animal, how long it's been frozen, or any number of other factors.

I tell folks not to stress over the membrane. It's nice to remove it if possible, but it is not expected by most folks. Restaurants nearly always leave it on, so people are used to it. Take it off if you can, but if you have a particularly stubborn one, just move on to more important aspects of the cooking process and don't worry about it.

Q: Which are the best ribs to smoke: baby back, spare, St. Louis? It gets so confusing!

A: There are basically two types of pork ribs:

- Spare ribs (large and meaty, but a lot more fat to deal with)
- Baby backs (a little less meaty, but less fat as well)

St. Louis ribs are simply spare ribs that have been trimmed down to look more like baby backs. The more curved side has been cut off and the ends have been squared up, but they are spare ribs just the same.

Which are better depends on whether you are looking for the best flavor or the best experience. I prefer the baby back since I prefer meat without too much fat. Spare ribs probably taste slightly better (fat is where the flavor is) but there's a lot of fat to deal with and that is not my (or my doctor's) personal preference. All in all, when I am having friends over, I like to do the baby backs, since pound for pound, I find it a better eating experience. I think this is largely based on preference, so I recommend that you grab some spare ribs and some baby backs and cook them together. Then you can decide which you personally prefer.

Q: I am planning to twice smoke ribs in the Little Chief, after applying the rub, then move the ribs to the oven to cook. Is this sensible?

A: I am not sure what you mean by twice smoke, but you can definitely smoke them for about 3 hours or until the meat is starting to pull back from the bones just a little on the ends, then move them to the oven to finish. I recommend wrapping them in aluminum foil after the first 3 hours. Leave them in the foil for about 2 hours, then you can finish cooking them for about another hour unwrapped again. This is called the 3-2-1 method and is for spare ribs, the big meaty ones. If you are cooking the smaller, less meaty baby back ribs, you can smoke them for about 2 hours in the Little Chief, then finish them in the oven the same way as described above.

GOT A QUESTION for da smokin' meat man?

Send your questions to Jeff and he'll email you the answer ASAP.
We'll publish it here for others to enjoy too.

askjeff@smoking-meat.com

Q: You say to apply normal yellow mustard to the ribs to “stick the rub.” I assume you mean American mustard and not Hot English Mustard, which is also yellow? Can I use a high temperature vegetable oil like peanut oil instead?

A: Yes, I use the American yellow mustard like we put on hot dogs. You can definitely use almost any kind of cooking oil as well; I just prefer the mustard because it helps create a nice tasty crust on the outside.

Q: When the ribs are cooked and served, does the rub crisp up on the ribs? You say I won’t need a sauce. I have an excellent Jack Daniels sauce for ribs cooked traditionally in an oven without smoking. Should I just prepare that and serve it in a heated pouring jug in case people want a wet sauce?

A: I say you don’t need a sauce, but you may still want a sauce if you like your ribs sticky. What I mean by that statement is that while some ribs are flavorless without sauce, ribs cooked with my rub will be very flavorful even without sauce. If you have a good sauce, as it sounds like you do, you can definitely paint that on during the last hour or so of the cook, or you can serve warm sauce on the side as you suggested.

Q: If I smoke more than I need, can I vacuum pack and freeze salmon or ribs, and how long will they last in the freezer? I am getting mixed reports on the Internet—anything from 1 month to 1 year!

A: Ribs will freeze fine, and as long as you make sure they are in an air-tight container, they should be good for at least 3–6 months. I recommend heating them back up by placing them in the fridge for a day or so to thaw, then reheat them on the grill. You could also place a pile of them in a pan covered with foil in the oven at low heat (around 275 degrees F) for 30–45 minutes or until they get as warm as you like them. In my opinion, reheated ribs are not as good as they are right out of the smoker, but they are still pretty great.

Salmon should also do well following the same procedures.

Q: My son cannot have the chemicals in a store-bought smoked and cured ham, so I got ours fresh from the butcher. Any thoughts on preparing and smoking it?

A: Fresh hams make great pork roasts and are delicious right out of the smoker. I recommend keeping it simple like I do with the ready-to-eat hams—add a little mustard and rub, and smoke cook it at about 240 degrees F until it reaches 145 degrees F internal temperature. Let it rest for about 15-20 minutes before slicing into it.

The cook time will depend on how big a ham it is, but I would figure at least 6–7 hours if it is a larger one. If time is an issue, you can cook it in the smoker at 240 degrees F for about 2 hours, then transfer it to the oven at about 300 degrees or so to finish. The higher temperature will get it done faster. For better smoke flavor, leave it in the smoker the entire time and apply smoke for at least 3–4 hours.



Jeff's Smoking Meat Book

The ultimate how-to guide for smoking all kinds of meat and fish.

Get the Book

Jeff's Lip-Smackin' **Sauce and Rub Recipes**



After buying and using it, all I can say is BRAVO! I've used a number of "home-spun" rub recipes. It seems that they were always a little too sweet, a little too hot, or had a little too much of something in it. Jeff's Rub is just right and well worth the price to have it just right. I'm glad I bought the recipe! —John

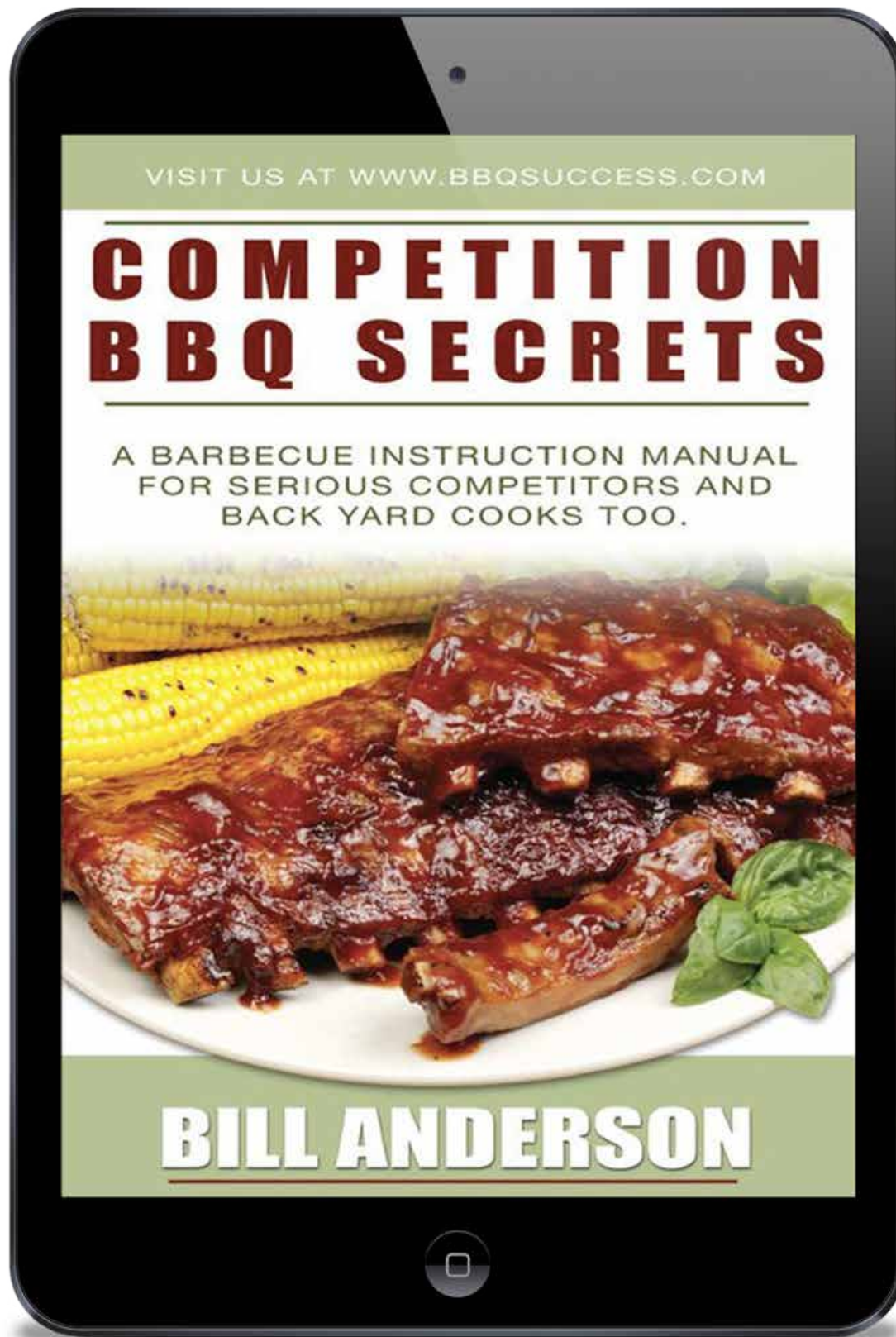
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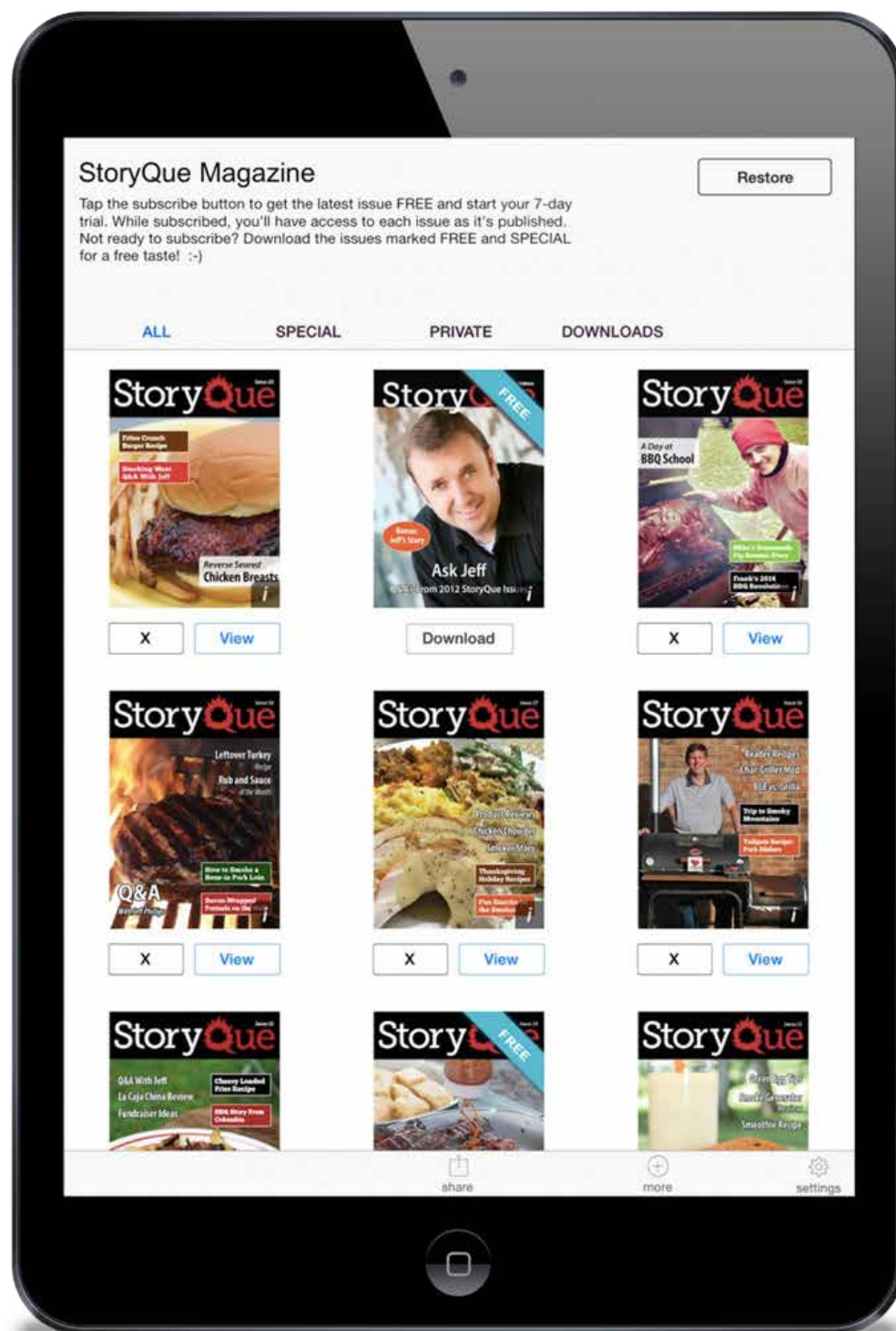
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Nothing Says "America and Family" Like Barbecue!

Frank Eriksen



Is it just me, or is the world getting crazier by the moment? I won't go into the gory details, but I've had to all but stop watching TV news to keep from thinking our society and planet is imploding before my very eyes. The toughest part is, we regular folks feel powerless to stop it.

In my humble opinion, the problem is the slow disintegration of the family. Family is the foundation, the bedrock of America; but the family of 2015 is practically unrecognizable when compared to the family unit of just ten or twenty years ago.

Part of the problem is busyness. Invite family or friends over for a backyard barbecue, and you'll usually get an answer like, "We'd love to come over. I think we have two hours to spare the second weekend in September. Let's pencil it in and touch base in late August."

What? Who's that busy? And what are they doing?

I was talking with my wife this week, and I said I'd like to establish a monthly family dinner. We'd invite the kids and grandkids over and spend a little quality time together. As things are now, we can literally go a month or two without our family sitting down together in the same room at the same time. So I sent out an email. I should have just picked up the phone and called; that's what

people used to do, and now that everybody on the planet over four years old has his or her own personal mobile phone, it's easier than ever to connect, right? Wrong!

Mobile phones are for email and texting. Not talking. We're too busy to spend more

than three minutes in meaningful conversation. It's "Hi, hello, how you doing, great, gotta run. Bye!" But I digress.

The response to my monthly dinner proposal was met with

"Great idea! Pick a time and we'll see if we can make it."

The excuses for missing? All good ones. Work. Workouts. School. Baseball. Work. Yard-work. Dog training. Work. Out-of-town business trips. Out-of-town guests suddenly arriving. Cat swimming classes. A Snoop Dogg concert. Band rehearsal. And here's the best excuse we get for not coming over for a family dinner. "We're totally exhausted!"

I'd like to see a new subject taught in school, requiring every child to Google Norman Rockwell and study his paintings. Rockwell's art was all about family. It was America at its finest: smiling faces, tables filled with good home-cooked food. It was family—just as God planned it. My creed is simple: family first!

Today, if you go to a restaurant and spot an

"Rockwell's art was all about family—smiling faces and tables filled with good home-cooked food."

entire family together, chances are somebody's on the phone and the rest are texting or playing games—no eye contact, no conversation.

Here in my hometown of Boulder, Colorado, we host one of the biggest road races in the USA, the Bolder-Boulder 10K. It's held every year on Memorial Day and attracts upwards of 55,000 runners, walkers, and wheelchair racers—55,000 people running through the neighborhoods of our little city at the foot of the Rocky Mountains. The sidewalks and lawns are packed with race fans. The streets are lined with Live Bands, water stations, Live DJ's, food booths, and more. It all culminates inside Colorado University's football stadium.

What makes this event so great is that it's all about family. Families run or walk together. Friends and family meet up at the stadium after the race. Family members who live thousands of miles away drive or fly in for the weekend. And following the race, it's back home for a backyard party. This is when grilling and barbecue make their seasonal debut. In every backyard there's smoke rising and music playing, kids throwing Frisbees and chasing each other with water pistols.

Last year, my wife went out and bought five high-powered, pump-action, state of the art, military issue water pistols that shoot a stream of icy cold water up to fifty feet with pressure approaching that of a firehose. No one is safe—except me. I'm the grill-master, the Keeper of the Coals. You shoot me with a water gun and you're getting blasted with

a stream from my high-powered mustard or barbecue sauce squeeze bottles, maybe both. I'm talkin' real fire-power here.

It's also our one chance of the warm-weather season to get the entire clan together. They know the food will be awesome. My bride likes to keep it simple with burgers, brats, and hot dogs and that's fine. But I have a secret weapon that brings the family over just about anytime: real barbecue. I'm talkin' ribs! It doesn't matter if they're spares or baby backs; the gang knows they'll be great, and it's the one food they don't make at home. So I go all out; I make it a show; I've got on the KCBS apron, my hat from Black's Barbecue, and my Franklin Barbecue T-shirt. People can smell the ribs smoking from miles away.

I start my Rib Ritual on Friday of Memorial Day weekend. I get my WSM (Weber Smokey Mountain) Cooker ready. I shine it up. Then I shop for fuel. Memorial Day Weekend is great for charcoal sales at places like Sam's, Costco, and every local hardware store and supermarket. If the price is right at Sam's or Costco, I'll stock up for the summer.

Next, it's time for meat selection. I'll look for the biggest racks with just the right look to the ribs. Depending on the crowd expected, I'll get three to six racks. On Saturday I'll decide on a rub—either something from the local spice shop, or one I concoct myself. On Sunday evening, I prep the ribs. I pull the membranes and apply a light coating of some of the mustard I'll be squirting on anyone who gets too close to the pit with a water pistol or who dares to open the lid

to peek inside. Then the rub goes on—not too heavy, because I’ll add a bit more Monday morning. Then I double or triple wrap them in clear plastic and drop them into the icebox to marinate overnight.

Since the family will want to eat at 1–2 p.m., I’ll fire up the WSM about 7 a.m. I’ll give the coals and the cooker about an hour to settle in at 250–275 degrees F. I’ll start the temps on the high side, since I’m going load the cooker with a bunch of cold meat. Then I let it come down to 225 or so and adjust the vents to hold that temperature. For smoke wood, I like to use a combination of hickory and apple, hickory and cherry, or just pecan.

Some folks like a cooker where you set it and forget it. Well, to each his own, but I enjoy hovering over the pit. I spritz the ribs every hour or so with apple juice. After two hours, I give them a nice blanket of foil and put them back on for sixty to ninety minutes. Longer than that, and the ribs get a little too steamy for my liking; so I remove the racks from the foil packets and put them back on the WSM for another two hours or so.

Once I see the meat pulling back from the end of the ribs, I know I’m getting close to the end of the cook. I apply a nice coating of sauce and allow that to set. Then it’s chow time!

Nothing gets the family more excited than a tray overflowing with ribs fresh off the smoker. They can’t wait as I slice the ribs

“Nothing brings a busy family together like real barbecue.”

off the rack and send out huge platters of succulent, gorgeous, competition-quality ribs. There’s lots of sauce on the table, and

soon that sauce will be on shirts and smiling faces. I always have mild, medium, and hot varieties, to fit the personalities of our family.

For a sweet hour or so, the whole family is together, laughing and talking about the race, and discussing the parties they’ll go to later. There’s some light “ribbing” about who ran the fastest and the slowest. Memories are shared and future plans are made. It’s as it should be: a time for family and friends. And if a neighbor or one of the kids’ friends happens to drop by, that’s just more merri-ment.

Nothing brings a busy family together like real barbecue—nothing!

Burgers and brats? Everybody’s busy. But when I mention I’m making ribs or brisket, suddenly schedules clear, busy work gets put on hold, and a family sits together around a table abundant with great foods and even better moods.

It’s family at its finest, Norman Rockwell with barbecue sauce. And I think it’s just the way God planned it. ❖

Frank Eriksen is a voice-over artist, podcaster, blogger, backyard barbecue enthusiast, and a KCBS Certified BBQ Judge. He lives in Boulder, Colorado and cooks on a 22.5 WSM.

StoryQue

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